SUSTAINABILITY

HOW TO CONTINUE BEING SUSTAINABLE AT HOME

REDUCE YOUR TIME IN THE SHOWER TO 10 MINS OR LESS
While your rendition of "gotta go my own way" may be fabulous, you don't have to finish the song before you exit the shower. Imagine the acoustics when you are toweling down!

ASK FOR NO CUTLERY WHEN ORDERING TAKE-OUT
Set time when you and your students can touch base and have them prepare questions they had during the exercises. Make use of video conference tools that allow for multiple people to dial in.

GO DIGITAL
Keep on top of your work and social (distancing) affairs via a digital calendar.
Opt-in for digital credit card statements as well!

UPCYCLE
Looking for a quarantine hobby? Upcycle!
You can use glass bottles you have from marinades and jams to propagate plants or to create cool room decorations!

SWITCH OFF
Turn off your electrical items when you are done using them. That should be a no-brainer, but even when your computer is off but still plugged in, it requires power.

GET A PLANT
If you are looking to decorate your space with something that will also provide you with more oxygen and less stress, fatigue and toxins in the air - your plants will be your new best friends!