




# SUSTAINABLE LIVING


USE RESOURCES RESPONSIBLY  
TO ENSURE THEIR AVAILABILITY  
FOR FUTURE GENERATIONS

# Key Issues for a Sustainable Lifestyle


## Living Well Within Planetary Limits


### 1. Climate Impact

 Problem: High carbon footprint from energy, transport, and production.


 Solution: Switch to renewables, insulate homes, choose low-carbon transport, offset where needed.


### 2. Over-Consumption

 Problem: Take-make-throw culture uses up resources and creates waste.


 Solution: Buy less, choose durable & repairable products, support circular economy brands.


### 3. Food Choices

 Problem: Meat & dairy have a high carbon & water footprint.


 Solution: Eat more plant-based meals, buy local & seasonal, reduce food waste.


### 4. Waste & Plastic Pollution

 Problem: Single-use plastics pollute oceans & harm wildlife.


 Solution: Carry reusables, avoid over-packaged products, recycle properly.


### 5. Travel & Transport

 Problem: Air travel is a major source of emissions.


 Solution: Walk, cycle, use public transport, choose train or ferry over short flights.


### 6. Housing & Energy

 Problem: Energy-inefficient homes waste heat & electricity.

 Solution: Insulate, use LED bulbs, upgrade appliances, add solar panels if possible.

### 7. Community & Equity

 Problem: Social inequality and unsustainable supply chains harm communities.

 Solution: Support local shops, buy Fairtrade & ethical goods, share skills & resources.

**There are detailed guides, to living a sustainable lifestyle and being kinder to the environment, below.**