

## Sustainable Living – Fight Back Against Consumerism



When you hear the word “sustainability,” you may think about a family living off the grid in Montana, homeschooling their children, growing their own food, and enjoying a limited social life. This way of life is repugnant to some people and, truthfully, it is something that would be very hard to implement on a broad scale.

### What can you do?

- Use rechargeable batteries
- Buy for quality and durability
- Think scratch and dent, used, refurbished and reconditioned
- Minimize reliance on credit and debt
- Conserve electricity in your home
- Combine shopping and other trips
- Maintain your car properly
- Maintain your health
- Reduce spending habits

Consumers “consume” the earth’s resources. Exhausting resources without replenishing the earth is unsustainable.

### Unsustainable Practices

- Manufacturing cheap, throw away products ... wastes resources and only takes your money
- Ever expanding landfills
- Government budget deficits and debt ... the borrower is slave to the lender
- Continued reliance on fossil fuel energy (gas/oil) ... reserves cannot be replaced

## Large Scale Sustainability

- Geothermal heating/cooling
- Solar energy
- Bio-fuels
- Home improvements to save energy costs
- Raising your own animals for meat and dairy products
- Growing your own garden

## Global Sustainability

- Solar and wind farms
- Hydro-electric plants
- Growing vegetation for liquid gasoline and diesel fuels
- Balanced budgets in government
- Durable, long-lasting and reusable products

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