



EARTH CARE @LEWINSVILLE

SUSTAINABLE LIVING: LESSONS FROM THE PANDEMIC

The COVID-19 pandemic has caused many of us to live more sustainably during the semi-shutdown. For example:

- We have reduced driving by combining errands, planning our essential shopping to make fewer trips to stores and working from home when possible.
- Virtual meetings and visits with family and friends have reduced flying and driving.
- We're vacationing closer to home (driving instead of flying).
- We have spent more leisure time at home or outdoors in our immediate neighborhoods.
- Shortages of products led us to 'greener' solutions (e.g., making our own cleaning solutions; using cloth rags instead of paper towels).
- We are wasting less food due to better planning and limited shopping.
- We're cooking at home more often.
- Gardening increased in popularity, providing not only exercise and recreation but also more home-grown vegetables and flowers.



Studies have shown that lifestyle changes across the world have resulted in air quality improvements and reduced energy consumption. Many people have reported improved mental and physical health from spending more time outdoors exercising and enjoying nature. Positive effects from what has otherwise been a time of tragedy, anxiety and disruption are instructive for how we might approach our eventual return to "normal." As stewards of the earth, we should seek to modify "normal" to include as many pandemic-inspired simple living habits as we can.

The pandemic has given us a leg up in learning to live sustainably. Challenge yourself to continue actions you are taking now and to include sustainable living goals in your resolutions for the New Year. An extensive list of ideas can be found [HERE](#).

-- [From the January 2021 Newsletter](#)