

Solutions to the environmental issues

1. Replace disposable items with reusable

Anything you use and throw away can potentially spend centuries in a landfill. See below for simple adjustments you can make to decrease the amount of disposable items in your daily life.

- Carry your own reusable cup or water bottle
- Use airtight, reusable food containers instead of sandwich bags and plastic wrap
- Pack a waste-free lunch: carry your utensils, cloth napkin, and containers in a reusable lunch bag
- Bring your own bags to the grocery store
- Consider buying bulk containers of your preferred beverages and refilling a reusable bottle, instead of buying individually packaged drinks
- Use rechargeable batteries



2. Pass on paper

- We are living in the Digital Era, but think about all the paper products you use in your daily life. These actions still align with reusing and repurposing, though may take a little more time for transition.
- Join a library instead of buying books or buy a Kindle
- Print as little as possible; and if you must, print on both sides
- Wrap gifts in fabric and tie with ribbon; both are reusable and prettier than paper and sticky-tape
- Stop using paper towels and incorporate washable cloths
- Look at labels to make sure you only use FSC-certified wood and paper products
- Cut out products made by palm oil companies that contribute to deforestation in Indonesia and Malaysia

3. Conserve water & electricity

The tips you see below will seem like no-brainers; however, it may take to become more aware of your unconscious habits.

- Turn the sink water off when brushing your teeth
- Water the lawn in the morning or evening; cooler air causes less evaporation
- Switch off anything that uses electricity when not in use (lights, televisions, computers, printers, etc.)

- Unplug devices when possible; even when an appliance is turned off, it may still use power
- Remove chemicals inside of the house; research companies that use plant-derived ingredients for their household cleaning products
- Remove chemicals outside of the house; use eco-friendly pesticides and herbicides that won't contaminate groundwater
- Consider signing up for a renewable energy producer that uses 100% renewable energy to power homes.



4. Support local & environmentally friendly

- Here are a few reasons to start buying local:
- Reduces plastic and paper waste
- Boosts cost-efficiency

- Enables bulk purchasing
- Helps support your neighbors
- Retains farmland within the community
- Builds up the local economy
- Uses fewer chemicals for both for growing and transporting

5. Recycle (& then recycle properly)

- Implementing recycling habits into your daily life is one of the most effective ways to help lessen landfill waste, conserve natural resources, save habitats, reduce pollution, cut down on energy consumption, and slow down global warming.
- Confirm you are using the proper separation containers for your household per the local recycling services
- Remember to make sure your trash bags are recycled or biodegradable, and always cut up the plastic rings from packs of beer or soda to prevent wildlife from getting caught
- Educate yourself about what can and cannot be recycled, as not all plastic and cardboard is acceptable (like pizza boxes for example, due to the grease)
- Learn how to identify and dispose of hazardous waste properly



6. Solutions to global warming:-

- **Change a light:-**

Replacing one regular light bulb with a compact fluorescent light bulb will save 150 pounds of carbon dioxide a year.

- **Drive less:-**

Walk, bike, carpool or take mass transit more often. You'll save one pound of carbon dioxide for every mile you don't drive!

- **Recycle more:-**

You can save 2,400 pounds of carbon dioxide per year by recycling just half of your household waste.

- **Check your tires:-**

Keeping your tires inflated properly can improve your gas mileage by more than 3 percent. Every gallon of gasoline saved keeps 20 pounds of carbon dioxide out of the atmosphere.

- **Use less hot water:-**

It takes a lot of energy to heat water. Use less hot water by taking shorter and cooler showers and washing your clothes in cold or warm instead of hot water (more than 500 pounds of carbon dioxide saved per year).

- **Avoid products with a lot of packaging:-**

You can save 1,200 pounds of carbon dioxide if you reduce your garbage by 10 percent.

- **Adjust your thermostat:-**

Moving your thermostat down just 2 degrees in winter and up 2 degrees in summer could save about 2,000 pounds of carbon dioxide a year.

- **Plant a tree:-**

A single tree will absorb one ton of carbon dioxide over its lifetime.

- **Turn off electronic devices:-**

Simply turning off your television, DVD player, stereo, and computer, when you're not using them, will save you thousands of pounds of carbon dioxide a year.

- Air pollution can be reduced by daily monitoring over air quality index. Some links to check air quality index

<https://www.iqair.com/in-en/india/maharashtra>

