

Eco friendly Life

Being eco-friendly or environmentally friendly is becoming more and more important

The simplest way to define what being eco-friendly means is to say that it is the act of living with intent. The intent is focused on not creating harm to environment, and to prevent as much harm from occurring to the environment through your interactions with it. It goes beyond an idea and extends to actual practices that influence how communities, businesses and individuals conduct themselves.

Here are some easy and small changes we can make in our everyday life to help live a more eco-friendly lifestyle:

- **Eat Less Meat:** Cutting back on our meat consumption is an important step in reducing the overall emission of Global Warming Potential gases. Less livestock also means more land we can enjoy and use for recreation. Consider replacing some of your meat-heavy meals with vegetables or eating more seafood!
- **Use Paper Less And Recycle More:** Today, more than 40 percent of municipal solid waste is paper and paper products. It takes less energy to create paper through recycled and used sheets than by creating 'virgin' paper. Recycling is easy and one of the best ways to live green.
- **Choose Cloth Over Paper.** Instead of rushing to the store and purchasing a dozen rolls of paper towels when we are ready to do our spring cleaning, cut up an old t-shirt or other form of clothing and use that as a rag instead.
- **Reduce Water Waste.** We can live a more eco-friendly lifestyle by using less water and cutting back on our bottled water purchases. Cutting back on bottled water purchases is easy. Even if we live in an area where our tap water isn't the tastiest, purchasing a water filter will take some of that irony aftertaste out of our water and purify it to our bottled-water standards. Plus, a water filter

will save money in the long run, when we don't have to take trip after trip to the store to purchase more bottled water!

- **Cut Down On Energy In Home.** There are a lot of ways to cut back on energy we use in our home. These will lead to smaller energy bills and more money in our pocket! Start by lowering thermostat in the winter and raising it in the summer. Unplug appliances when we aren't being used, wash all possible clothes on cold and use a drying rack or clothesline to dry your outfits when they are finished being washed. Reducing your energy around the home is literally as easy as a click of the button. Uncomfortable taking all of these steps at the same time? Try one at a time until your home is completely energy efficient!