

How to Live Sustainably



Sustainability nowadays is very important and can save the world a lot of money. If we stay sustainable, we can not only save a bunch of resources but also save the lives of sea creatures. A lot can happen if you throw a plastic bottle in the wrong bin, or not put it in a bin at all.

Staying sustainable at your school is just as important as staying sustainable everywhere, and since schools have so many kids and the kids have snack and lunch every day, they have to find ways to stay sustainable. In this text I will tell you how to be sustainable at school, how people are already being sustainable at school, what happens when you are not sustainable, and how recycling works.



If we are not sustainable, we can lose lots of resources, money and animals can die. Normally you would something like a plastic bottle in recycling, but if you put it in landfill, which people do, the bottle is taken to a big hole in the ground and put in there. This is landfill, the name is pretty self-explanatory. When it rains in the landfill the rainwater combines with the water-soluble compounds it contains, and some of those are highly toxic. Together they make a toxic substance called leachate. It can move into soil, groundwater and streams, harming animals and poisoning eco-systems. It can take a plastic bottle 100 years to decompose.



If the bottle is not put in a bin but instead dumped in a river or stream it could go out to sea and be drawn into a massive garbage patch, where trash accumulates. There are only 5 of these massive garbage patches in the world,

The Great North Pacific Gyre, Indian Ocean Gyre, South Atlantic Gyre, North Atlantic Gyre AND South Pacific Gyre.

Birds like seagulls can get tangled or stuck in a piece of rubbish and die. Turtles and other animals like them can eat some of this trash and feel like they are full but in reality, they are not, and they starve to death. They could also choke on some trash and die.



Now when you hear sustainability the first thing you think of is recycling, right? How does recycling actually work though? Well, if a piece of plastic is put in the recycling bin, it and its plastic brothers and compressed into a big cube made entirely of plastic. The block is shredded into tiny pieces which are washed and melted so they become the raw materials that now can be used again to make more stuff like chairs, umbrellas, bags, benches, toothbrushes, clothes, plastic cutlery, bowls, ropes, sustainable activewear, dog collars, mats, rugs, natural and recycled shoes, yoga mats and way more stuff.



Now let's talk about composting. Composting is also a very big part of sustainability. Have you ever had some food that you can't finish, or a banana peel where you don't know where to put? Well, you put that stuff in the compost bin. If you are wondering what a compost bin is it is a bin where you dump all your food scraps, to make use of the food we waste every single day. Anything from leaves to cardboard egg boxes can go in the compost bin. Animals like worms and fruit flies eat your rubbish in the compost bin and turn it into compost. This new finished darker looking dirt can be used by mixing it in with your flower and vegetable beds as soil amendment.



You can be sustainable in your school in many different ways, and even the smallest of things you do can make a pretty significant change. Some things you can do are using both sides of a sheet of paper, use a device if you can, always turn off the lights when you are leaving a room and when you see a piece of rubbish, pick it up and put it in the bin. Some things schools are already doing are nude food days, waste audits, composting and Earth Day is already an international event. Earth Day is when you don't use electricity for a day. If a day is too much you can try Earth Hour.

So being sustainable really makes a big change in our world, and nothing but good can come from it. You can be sustainable and there is really no one who is going to stop you. The whole world is now obsessed with sustainability and that is amazing. It might be easier for you to just dump all your stuff in landfill, or just not put in a bin at all but is it really? I mean you will regret making that decision knowing what happens next. Composting, recycling, nude food days, Earth Day. People are going out of their way to be sustainable, and you can too. Even the simplest of things can be good. Be sustainable.



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