

Sustainable Habits To Teach Your Kids

Description

Sustainability is the future, not just of humanity but of the planet. As a species, we need to learn rapidly how to cut down our wasteful consumption and disposal of resources and items.

The responsibility falls back onto parents to educate themselves and become role models for their children. More often than not, teaching good habits from a young age can ensure that the adults of tomorrow will be better equipped to protect the environment. Indeed, today's grown-up generations are still in the process of making sense of sustainable strategies, which means:

- Unlearning habits we've learned from our parents
- Changing our routines and favorite go-to products
- Investing in environmentally-friendly solutions that may cost more
- Evaluating your household environmental footprint
- Finding the right contacts and support system

So what can you do in your household to help your children prepare for sustainable living?

economy, planet, recycle, parenting, eco, earth, solar, sustainable, waste, reduce, protesting

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#1. Actively focus on sustainable grocery shopping

Up to 40% of the U.S. food supply [ends up in the bin](#). Food waste is one of the most commonly overlooked sustainability issues of our time. Indeed, food production comes at an environmental cost related to production processes, transport, and packaging. The choices made during the production process can have long-term sustainable repercussions through mass harvesting, storage and packaging solutions, and operation strategies.

Additionally, waste can occur at any point during the production or after the purchase. As a household, you can help educate your children on the importance of grocery shopping in the sustainability crisis. Learning to select items that are sustainably produced can help in the longer term. Besides, keeping a straight [mindset to reduce waste](#), aka reduce overbuying, will also cut down your footprint.

#2. Teach them about recycling processes

There is more life to the items you don't want anymore. The days n you could throw anything in the bin are long gone. Nowadays, every household must be able to separate waste into meaningful piles:

- recyclable
- biodegradable
- other

Some items must be handled by specialist centers, such as [metal recycling](#) places, to ensure they can be safely reutilized. Others, on the other hand, can be repurposed directly at home. A compost bin, for instance, is the perfect solution for organic waste. You can use compost to shield your plants in winter and nourish the soil.

It's worth researching options when it comes to items that are not easy to recycle. Electronics can be used for parts; that's why companies such as Apple and Samsung are keen to process old devices.

#3. Seek sustainable suppliers

Sustainability is the process of reducing resource waste. When it comes to energy, furniture, or water, sustainable suppliers reduce waste in two ways:

- They introduce production or management structures that are environmentally conscious
- They invest in long-term transformation processes for the planet

A sustainable energy supplier, for example, can deliver green and renewable energy and keep their company's carbon footprint low or neutral. Finding suppliers you can trust is no easy task, and households must research and compare suppliers to choose the best option for their needs. However, showing how it's done and why it matters can make a huge difference for your children.

#4. Invest in renewable solutions

Many American households worry about changing their energy supply. Indeed, the typical solar panel installation can cost between \$25,000 and \$30,000, which is a non-negligible sum for a household.

However, you can apply for [solar panel loans and funding](#) solutions to make your investment more manageable. Don't just go for the first loan that comes up, you need to make sure that it is right for you and the payback is something that you can manage. Whilst most of us want to live in a cleaner world, you shouldn't sacrifice your finances to hurry up the process. So when you look at [Atmos solar loans](#), for instance, speak with their team and see if you want to proceed.

Cost is the most common obstacle American families face when they wish to build an eco-friendly household. Therefore, it can be helpful to show children that running an environmentally-conscious household is about making long-term investments that will support your wealth and the planet in the future.

#5. Favor walking over driving

The start of the pandemic has been a revelation for climate change. As most households didn't drive for several weeks or months, the levels of pollution decreased dramatically in town.

Unfortunately, as offices have reopened their doors, most people use their cars for commuting. But it's not too late to change your commuting habits. For short-distance trips under 2 miles, you could encourage your family to walk. It is always a fantastic strategy to reduce excessive grocery shopping!

For commutes below 5 miles, you might find that a bicycle can prove an environmentally-friendly method that keeps you fast on the road.

Even though more and more people are considering investing in electric vehicles, it's essential to teach your child about effective resource management. Reducing cars on the road can preserve local wildlife and protect the environment.

In conclusion, parents need to show children different household solutions to build a green living. Contrary to common belief, living green doesn't mean sacrificing comfort or budget. It's all about making smart decisions to reduce unnecessary waste and favor renewable solutions.

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