

The Solver

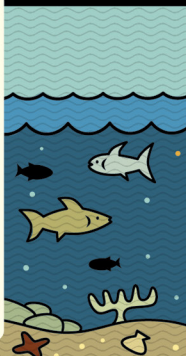
Living Greenly

BY CHARLES O'BRIEN


Amanda J. Nesheiwat M.S. '19, director of sustainability and community outreach for the Hudson County Improvement Authority and founder of Envision Green, LLC, a sustainability consulting and project management company, shares tips to live “a little lighter on the planet.”



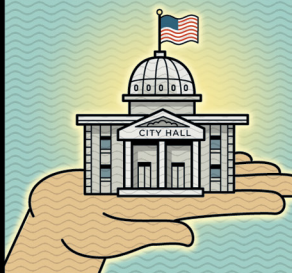
PETROLEUM-BASED TEXTILES – SUCH AS POLYESTER OR NYLON – CAN SLOUGH OFF MICROPLASTICS AND MICROFIBERS DURING WASHING, WHICH END UP IN THE DEEPEST PART OF THE OCEAN. CONSIDER BUYING USED CLOTHING OR CLOTHES MADE FROM ORGANIC OR NATURAL MATERIALS.




“GOOD THING I ONLY WEAR A COTTON JERSEY EVERY DAY!”

USE AN APP LIKE RECYCLE COACH TO FIND OUT WHAT IS AND ISN'T ALLOWED IN RECYCLING BINS OR CURBSIDE. FOR EXAMPLE, IN NEW JERSEY, PLASTIC STRAWS AND UTENSILS SHOULD NOT BE PLACED IN YOUR RECYCLING BINS.

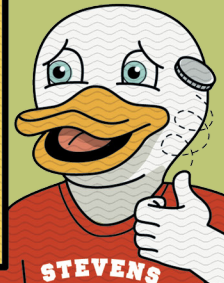


GET INVOLVED WITH LOCAL GOVERNMENT. ASKING QUESTIONS ABOUT CLIMATE CHANGE OR REDUCING CARBON EMISSIONS CAN IMPACT THE PRIORITY LIST FOR YOUR COMMUNITY.




EDUCATE CHILDREN ABOUT REDUCING THEIR WASTE, LIKE ELIMINATING SINGLE-USE ITEMS. IN ADDITION TO FORMING A GOOD FOUNDATION FOR YOUR KIDS, IT WILL ALSO SAVE YOU MONEY!

“CHA-CHING!!”



AVOID DISPOSABLE PLASTIC WATER BOTTLES AND INSTEAD OPT FOR REUSABLE BOTTLES THAT YOU CAN REFILL FROM YOUR TAP. CREATING PLASTIC EMITS GREENHOUSE GASSES – AND IT TAKES ABOUT 1.5 GALLONS OF WATER TO MANUFACTURE A SINGLE PLASTIC BOTTLE.



FOOD WASTE, WHICH ACCOUNTS FOR 30% OF WHAT WE THROW OUT, GENERATES METHANE (A POTENT GREENHOUSE GAS) WHEN IT ENDS UP IN LANDFILLS. BEGIN COMPOSTING AT HOME – OR RESEARCH LOCAL COMPOSTING PROGRAMS. PUTTING FOOD BACK INTO THE GROUND IS IMPORTANT FOR FUTURE GENERATIONS.

