



# SUSTAINABLE STEPS

Brought to you by Arielle Gerstein  
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## New Year, Less Environmental Impact

The new year is a great time to set goals to make less environmental impact. Here are some easy tips:

- Bring a reusable bag on errands.
  - Leave your favorite tote bag in your car when you go to the grocery store, pharmacy or other trips where you are purchasing smaller home items.
- Bring your own reusable water bottle.
  - Bring a reusable water bottle to work and refill it at the water fountain; reusable water bottles are also great for the gym or just walking around Charleston on a hot day. This tip is not only good for the environment but will save you money!
- Reduce red meat intake.
  - Switching from beef to chicken not only will significantly reduce your carbon footprint but it's also healthier.



- Reduce paper towel usage.
  - Paper is the #1 item going in the landfill. Some ideas for reducing paper towel usage are using smaller sheets or using rags to clean up spills. Think about using cloth napkins and throw them in your laundry after use.
  - Upcycle or donate.
    - If you are cleaning out unused items from your home, instead of throwing things out, consider donating them or repurposing them.

If you have a **Sustainable Steps** idea, send it to Arielle at [AGerstein@charlestoncounty.org](mailto:AGerstein@charlestoncounty.org).