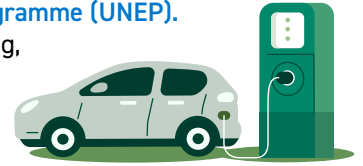


LIVE SIMPLY LIVE SUSTAINABLY

Sustainable living means understanding how our lifestyle choices impact the world around us, and finding ways for everyone to live better and lighter, according to the [United Nations Environment Programme \(UNEP\)](#). UNEP suggests making changes in the following areas: food, mobility, consumer goods, housing, and leisure. Connect with resources by clicking the text highlighted in [blue](#).*



Reduce Food Waste

Plan meals and shop smart. Making a weekly meal plan and sticking to it can reduce food waste significantly. Try out a meal plan from [EatingWell](#).

Store food properly. Learn how to [store food properly](#) so it doesn't end up in the trash or the compost heap unnecessarily.

Travel Less, and Do It More Sustainably

Choose greener travel options whenever possible. Check out [Go Vermont](#) for information about buses, ridesharing, trains, ferries, electric vehicle charging stations, and more. The [Greener Ways to Go](#) section has even more ideas.

Eliminate your commute by working remotely whenever possible, if your job and lifestyle allow it.



Share, Repair, and Reuse

Rethink buying decisions. The next time you need something for short-term use or are open to something used, post what you are looking for on [Craigslist](#), [Front Porch Forum](#), or another free community site. On the flip side, be sure to post if you have something to share, too.



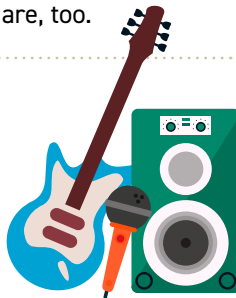
Reduce Your Home Energy Footprint

Call Efficiency Vermont at (888) 921-5990 to schedule a free virtual home energy visit to learn how you can be more efficient.

Use [rainwater barrels](#) or other vessels to collect water for your garden.

Shift the Norms Around Gift Giving

Consider giving experiences rather than things for birthdays and the holidays. Visit [Create Memories, Not Garbage](#) for ideas.



Want to learn more? Click the link below.

✓ [Sustainable Lifestyle: Options and Opportunities](#)

Questions?

Email BeWell@bcbsvt.com or click [here](#) for more information.



What matters most? Reflect on one action step you will take to live lighter and better. Record your answer in the space below, or click [here](#) to take a quick survey. You can also take the survey by scanning the QR code with your smartphone.

*By clicking on these links, you will be directed to third-party sites. These links are provided for informational purposes only.

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