



**Local environmental sustainability is more important now than ever before.
The choices we make can greatly impact sustainability in our everyday lives!**

Based on our work at BEST, here are some actions we all can take:

A. Land-use/Planning and development and protection of land with conservation zoning:

1. Become more aware of the rules concerning development in Bermuda and consider how following the rules and policies is the right thing to do.
2. Seek answers to questions and share accurate information with friends and family.
3. Make a practice of looking around more and take notice of situations which don't look right.
4. Explore and enjoy Bermuda's parks and nature reserves. Get in touch with the value of preserving our dwindling open spaces.
5. Volunteer.

B. Energy (using renewable sources):

1. Become more aware of the need for local energy sources to be from renewable sources as much as possible.
2. Become more aware of your electricity use where you live. Turn lights out in unoccupied rooms. Ask your employer to do the same for the office/building.
3. Ask Belco if they have any renewable energy programmes.
4. Write to your MP, your government representative, and ask them to support renewable energy policies.
5. Voice your support for local clean energy projects.
6. If buying a new computer, choose to buy a laptop that will use less energy and battery-power than a desktop.
7. Use a toaster oven for small jobs. It will use a third as much energy as a full-size oven.
8. Turn the oven off 10 to 15 minutes before the cooking time runs out. Food will continue to cook without using the extra electricity.
9. In the summer, keep windows and curtains closed to shade the room from the heat of the sun. In the winter, open curtains and shades to let in the sun's heat and then close them later to keep that heat in the house.

C. Food production and food security:

1. Become more aware of local food production issues and buy local produce as much as possible.
2. Actively seek out answers to any questions you have as a result of what you learn, which means you could share accurate information with your friends and family.
3. Shop more thoughtfully as a way to reduce the amount of food I waste.

D. Air and water quality:

1. Become more aware of air and water quality issues and actively seek out answers to any questions you have as a result of what you learn. Then share accurate information with your friends and family.
2. Consider if you could use public transportation or carpool to places with friends/family.
3. Keep your vehicle maintained to reduce polluting emissions.
4. Use an electric or propane gas grill instead of burning charcoal or wood briquettes, which produce harmful smoke when burned.

E. Use of pesticides in Bermuda:

1. Become more aware of the dangers of pesticide chemicals and understand the risks of the rules around development. Consider how adherence to the rules and policies is the right thing to do.
2. Use less pesticides around the house, recognising that the changes in my habits and practices will take a little time to become routine.
3. Reduce your risk of exposure to toxic pesticide chemicals by reading the packaging on products and follow the directions for use.

F. Waste management:

1. Support the call for mandatory recycling in Bermuda and recycle at home.
2. Commit to taking any trash (that you produce when away from home) back home to dispose of.
3. Plan before you buy to avoid impulse shopping and wasting food or other goods.
4. Consider how you might unknowingly waste water: don't turn the water on fully when washing your hands or brushing your teeth... even turn the water off while you lather up or are brushing. Consider installing a faucet aerator and low-flow regulator for showers... they can reduce water output by 40-50%.
5. Before disposing of nearly-empty latex paint cans, leave the top off and allow the remaining paint to dry and solidify. Latex paint is not hazardous once it is solidified.
6. Save old, tattered towels and t-shirts for cleaning. Cut them up to use as rags that can replace store-bought rags and paper towels.
7. Familiarise yourself with what common household items contain potentially hazardous ingredients and then keep a box at home to keep all of those hazardous products you want to dispose of. When full, take it to a hazardous waste treatment centre at Tynes Bay or listen for the special hazardous waste pick-up dates.
8. Dispose of expired medicines by taking them to a pharmacy like Woodbourne Chemist.

G. Ban on single-use plastics:

1. Reusable coffee cups and water bottles both at home and at work.
2. Make sure to take reusable shopping bags whenever going to the store
3. Ask friends and family to find ways to avoid single-use plastic items
4. If you need to buy water when away from home, commit to buying water in aluminium cans as opposed to plastic bottles since you can recycle that aluminium can.
5. Don't release helium balloons into the air, nor let plastic bags go into the ocean. To some marine animals, these items look like jellyfish, a popular food source.

H. Eco Lunch & Learn sessions on local environmental issues:

1. Suggest topics for future Eco Lunch & Learn sessions.
2. Attend the L&L presentations in person or stream live online.

I. Climate change - mitigation and adaptation:

1. Support the call to the Bermuda Government to establish a National policy and action plan for the mitigation of anticipated impacts from Climate Change and to get the Climate Change Taskforce to work!

J. Marine conservation and support for the protection of the Sargasso Sea under the UN High Seas Treaty:

1. Did you know that Bermuda is situated within the Sargasso Sea? Learn about the value of the Sargasso Sea: <https://storymaps.arcgis.com/stories/d2cf0fbaaa6b4beaa62a7317d81433ac>
2. Whenever in nature remember the saying "Take only pictures; leave only footprints".
3. Take everything home that you took out with you.
4. Make sure you pick up after your pet.
5. If you have a boat, tie up to a buoy whenever possible or set your anchor in the sand and not on rocks with coral and other marine life.
6. If you want to go fishing, make sure that you are aware of and then follow all fishing regulations and obey the season, size and bag limits.
7. If I want to just catch fish for 'fun', with the intention to throw it back in when caught, use barbless hooks to minimise the damage to the fish.
8. Join the KBB's coastal clean-up efforts and play a part in protecting the ocean from trash.

More Sustainability Ideas for your everyday life:

- Use reusable bags.
- Purchase reusable straws.
- Use reusable containers when packing a meal.
- When ordering take-out, opt out of the plasticware, straws, or condiments.
- Invest in a reusable water bottle.

- Get yourself a reusable coffee cup.
- Ditch those paper towels.
- Compost in your kitchen.
- Get thinking about our impact on the environment with the 6Rs: Rethink, Refuse, Reduce, Reuse, Recycle, Repair. The 6 Rs encourage us to consider how we can lead a more sustainable life.
- Think twice before shopping to avoid wasteful buying.
- Simplify the holidays.
- Choose organic products where available.
- Ditch fast fashion and animal-based textiles.
- Be water-wise.
- Drive less when possible; enjoy taking a walk and benefitting from the exercise.

Sustainable ideas for businesses: <https://ituabsorbtech.com/50-sustainability-ideas-for-business/>

One of the BEST things we can do to honour our interactions with the natural environment is to be a good example!