



Marianist Social  
Justice Collaborative

# SUSTAINABLE LIFESTYLE

## Guiding Principles

As Marianists we look to Mary as a model of bringing Christ to the world, through Prayer, Community, Mission, and Discipleship of Equals. Refer to *Laudato Si'* for more in depth understanding. Keep in mind:

- \* Be mindful and intentional
- \* Educate, share, don't judge - lead by example
- \* Be aware of not excluding groups of people
- \* "Don't strive for perfection – Seek what is suitable, realistic, sustainable"
- \* Take the time to plan a process that works for your family
- \* The cry of the earth & the poor are related



## Spirituality

- Pray about how care for creation impacts the people, animals, and nature.
- Reflect on how you might act on your prayer.



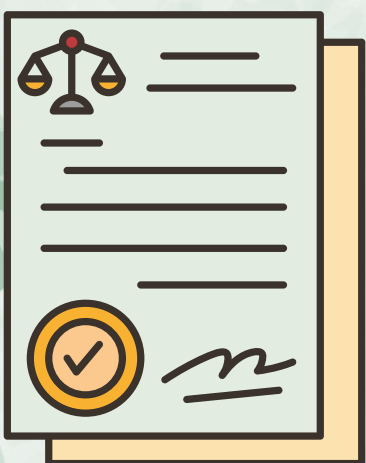
## Cleaning

- Avoid cleaning products that come packaged in a lot of plastic.
- Use cold water for the washing machine.
- Consider a buy-in-bulk shop to purchase cleaners in reusable containers.
- Use washable cloth napkins rather than disposable napkins and paper towels.



## Clothing

- Mend clothing when possible. Buy only the clothing you need. Resist being a slave to fashion.
- Repurpose old/non-reparable clothing as cleaning rags.
- Purchase ethically made and sustainable clothing when possible.



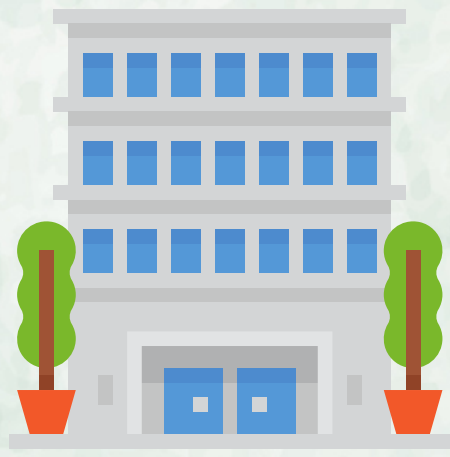
## Educate Yourself

- Donate or subscribe to environmental news. Examples: [YES magazine](#), [Sierra Club](#) and [MEEC](#).
- Read [Global Stewards](#), comprehensive eco-resources, or Susan Vogt's shorter [ECO-TIPS](#).
- Learn about your local laws regarding waste management and recycling.



## Food/Beverage

- Eat less or no meat. Grow your own vegetables/fruits or buy from local farmers when possible.
- Don't waste food. When eating out, take containers for leftover food. Compost kitchen waste or repurpose.
- Use a reusable water bottle when traveling.
- Consider packaging when purchasing food. Can it be recycled? Avoid plastic packaging.



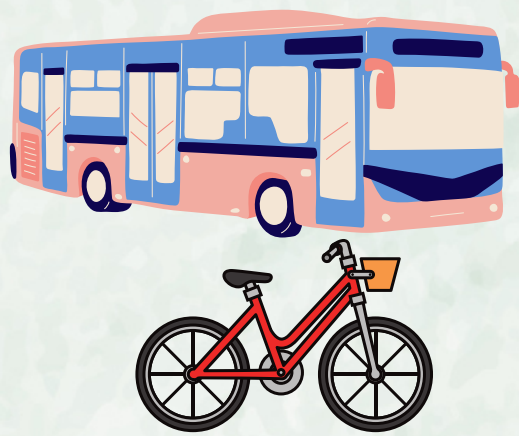
## Shelter, Furnishings, Energy Use

- Do an energy audit and reduce your carbon footprint. [Click here](#) for a free resource.
- Transition to LED lights. Consider solar, wind, geothermal, or a heat pump for power.
- When buying home equipment, check re-use centers.
- Consider what material new purchase are made of.



## Nature & Recreation

- Spend time in nature – walking, biking, planting, observing.
- Choose low-carbon, high nature activities, sports, etc.
- Leave nature in nature and avoid disturbing ecosystems.



## Transportation

- Reduce the amount of travel done by car. Use a fuel-efficient car and driving habits. [Click here](#) for a free resource.
- Share rides or use public transportation when practical.
- Avoid unnecessary car idling.



## Reduce, Reuse, Recycle

- Refuse/Reduce first. Avoid use of paper, plastic, and styrofoam in plates, cups, and utensils.
- Invest in quality products that have a longer life span, repair items when possible.
- Join “No Buy” groups or start a clothing swap.
- Know & use your community’s recycling resources (curbside, private companies, etc.).



## Systemic Change

- Think beyond your own family and friends. Consider how to impact the government and organizations that can multiply your efforts by translating them into policies and laws.
- Join an organization that works for environmental sustainability. [Click here for ideas.](#)
- Vote with your dollars!

**For more information: MSJC Integral Ecology Team-**  
**<https://marianistsjc.net/integral-ecology>.**  
**Comments & Feedback [click here](#)**

