

SUSTAINABLE LIFESTYLE

Guidelines for Marianists in their home and community life

“Don't do nothing because you can't do everything. Do something. Anything.” – Colleen Patrick-Goudreau

GUIDING PRINCIPLES:

As Marianists we look to Mary as a model of bringing Christ to the world, through Prayer, Community Life, 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 –*
- * Take time to plan a process that works for your family*
- Seek what is suitable, realistic, sustainable*
- * The cry of the earth & the poor are related*

1. Spirituality

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

2. Cleaning

- Avoid cleaning products that come packaged in a lot of plastic.
- Use cold water for clothes 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.

3. Clothing

- Buy only what you need. Donate extras. Mend clothing when possible. Don't be a slave to fashion.
- Repurpose old/non-reparable clothing as cleaning rags.
- Purchase ethically made and sustainable clothing when possible.

4. Educate Yourself

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

5. Food/Beverages

- 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.
- Use a water bottle when traveling.
- Consider packaging when purchasing food. Can it be recycled? Avoid plastic packaging.

6. Shelter (Energy Use - heating, cooling, appliances...)

- 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.

7. Nature/Recreation

- Spend time in nature – walking, biking, planting, observing.
- Choose low-carbon, high nature activities, sports, etc.

8. Transportation

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

9. Reduce/Reuse/Recycle (paper, plastic, metal)

- 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.)

10. Systemic/Political 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