

Sustainable Living feat. Drizzle Environmental Society

In the summer, I had the opportunity to interview the founder of Drizzle Environmental Society, a local organization whose goal is to "*inspire youth to cherish and protect this beautiful planet of ours.*" They want to promote and influence youth to think about their day-to-day actions and how they can easily be altered into sustainable ones. In this post, I wanted to share with you all the habits I include in my life that the environment thanks me for and trust me, you probably practice them too. If you do, virtual high five to you!

I've never really been known as an "environmentalist", but just because I'm not a vegan, vegetarian, or a person who volunteers to plant trees, does not mean that I am not and should not be conscious of the actions I do that affect the environment. When I was first reading about Drizzle Society, I was thinking "GO ENVIRONMENT!" and then started looking at my own sustainable practices. Okay, the environmentally conscious part of me isn't that developed, but I want it to keep growing, because the environment and nature is literally the base of where we live. It's so easy to neglect something that was already here before we even came into this world, but as a global citizen, I think that the environment is something we should all care about for those reasons specifically.

Here are a few sustainable practices that I've incorporated in my life:

#1 IT'S 2016, OWN REUSABLE WATER BOTTLE

Ever since I was little, I've always had a water bottle with me because I was always dancing and constantly needed to keep myself hydrated. There are so many different kinds of water bottles these days that have different functions (i.e. ones with filters, ones with a tea infuser, etc.) which leaves you with a huge selection! Last year, I purchased a beautiful Swell bottle that kept my water cold for 24 hours and hot for 12 hours. Unfortunately, it got stolen a few months ago, but it'll always be in my memories... I'm still on the search for a new insulated water bottle, but in the meantime, I've just been using this TEDxVancouver water bottle. I brought it with me when my family and I went to the Columbia Icefield in Alberta this summer and filled it up with glacier water. It was a great memory shared with my water bottle. *tear shed as I smile* (Side note: Click the photo to see more!)





#2 #TOTELIFE

I was watching this show called "We Bare Bears" on the Cartoon Network with my little brother one day and the episode was focusing on the use of tote bags, or reusable bags in general, when out shopping. Do you *really* need to show off where you've just shopped? Is it worth using a store bag rather than bringing a reusable one? Maybe it is for you, but for me, personally, I now always carry a tote inside of my bag wherever I go, just in case I'll need one. Plus, it feels good to tell the cashier you don't need a bag and see their smile of satisfaction like "Damn, she came prepared to shop."

#3 WALK OR SOMETHING

I don't know about you, but I like long walks on the beach. Just kidding... I actually don't really like beaches and prefer forests. I really do like walking though and whenever I'd choose to walk to Commercial Drive from my old school (which only takes less than 15 minutes), my friends would think it was impractical because the bus would *eventually* come. The key word here is **eventually**. Most days, by the time I got to my destination, the bus would just pass me or better yet, I'd get there before the bus. If the distance is walkable then check off your daily exercise box by choosing to walk, scooter, skateboard, bike, you name it!

This also brings me to a marvelous announcement. In the summer, I bought myself a bike. She or he is so beautiful and yes, I have yet to name it. I've already biked in Stanley Park and brought it downtown with me!





#4 TAKE PUBLIC TRANSIT (as opposed to driving)

As someone who doesn't have their N (doesn't drive) and who isn't super interested in learning how to drive as well, I use public transit A LOT. Nevertheless, I love it because I enjoy long rides to destinations. For example, last year, my friends and I explored other cities that are reachable through our two train systems (the Skytrain and the Canada Line). In the summer, I also wanted to take the Amtrak train to Seattle by myself. That didn't end up happening, but it's the thought that counts! One day it'll happen and that'd be the greatest experience. If you're not into public transit, try carpooling with friends to reduce your carbon footprint!

#5 USE REUSABLE CONTAINERS

Most of the reason why this is even possible for me is because my family always keeps plastic containers used for yogurt or some other food. I try my best to avoid wrapping food in saran wrap or using Ziploc bags, because those can't be recycled properly (unless you want to go through the effort of washing your mayo covered Ziploc sandwich bag every day, then suit yourself). As a better, more sustainable alternative, pack your food in reusable containers! Sure, you have to wash them after every use, but the planet will thank you.

Those are just a few sustainable practices I carry along and consider every day. If you want to go an extra step further into becoming a more environmentally aware citizen, Drizzle Environmental Society launched their 2017 Youth Environmental Challenge. The main goal for each individual participating in it is to complete 10 eco-friendly actions by May 31st, 2017 (so, over the next 6 months). These actions can be anything from using a reusable water bottle, as I said earlier, to participating in a community clean-up in your neighborhood. I'm looking forward to becoming a better global citizen, and you can also follow along my journey of the Youth Environmental Challenge on my **Instagram** with the hashtag #DrizzleYEC!

To find out more about Drizzle Environmental Society and the YEC, I'll leave a link to their website right **here**.

I hope you guys are doing well, I hope to be back more regularly, and I hope I've sparked the inner environmentalist in you! :)

