



Green Resolutions

As we unwind from the festivities of the Christmas season, and begin to usher in a new year, we set our many resolutions. We make a promise to do an act of self-improvement to better our health, the lives of others we love, or simply kick a bad habit. With this same effort and enthusiasm why not make a resolution; a green resolution? Every day of the year we rely so much on our environment to fulfill our every need, whether at home, in the office or at school. Let's make a commitment to live a bit greener lifestyle, one step closer to achieving a greener earth.

Setting green resolutions is no different from setting any other resolution, the main reason most of our resolutions fail is because it's not measurable and most times the time frame is unattainable. Taking small steps towards a sustainable lifestyle is what we need. Let's set some green resolutions for the home and business shall we.



As we think about our lifestyle habits and ways in which we can become greener citizens in 2015, think about our grocery trips, always choose reusable over disposable. Instead of purchasing plastic bags every trip, take reusable bags along with you. Businesses you too can support this venture by printing company logos and details on reusable bag and give to customers. This can be a form of advertisement for your business as well. Avoiding products with excess and most times unnecessary packaging, which just ends up in the trash is another great green resolution.



Practice turning off facets when brushing your teeth, switch off and unplug lights and appliances when not in use. Switch to green energy like solar power if you can. Most importantly encourage family members and friends to adapt these green resolutions which will significantly reduce utility bills and increase needed savings in your pocket after the big holidays spending. Your green resolutions can even be in sync with your ordinary resolutions like getting healthy and fit, by becoming a green eater. Eat more organically and home grown foods, start composting to supply organic fertilizers

to kitchen garden and plants. I assure you by starting your green resolution with small steps and measurable goals will help you and others around you to live a greener, smarter and sustainable lifestyle.

Share your ideas and questions by sending letters to: “Our Earth, Our Environment”, C/o EIT Division, Environmental Protection Agency, Ganges Street, Sophia, Georgetown or email us at eit.epaguyana@gmail.com.