

## Sustainable Living

- [Story of Stuff, Full Version; How Things Work, About Stuff](#)
- [No more plastic, please](#)
- [Plastic Bottles & Food Containers Leach a Potentially Harmful](#)
- [Organic Gardening in 9 Easy Steps](#)
- [Off the Grid and On the Path to Thrive](#)
- [Chemicals in Mattresses and Other Household Products](#)

## Story of Stuff, Full Version; How Things Work, About Stuff



From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. The Story of Stuff is a 20-minute, fast-paced, fact-filled look at the underside of our production and consumption patterns. The Story of Stuff exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may change the way you look at all the stuff in your life forever. [Watch the video...](#)

[Back to Top](#)

## No more plastic, please

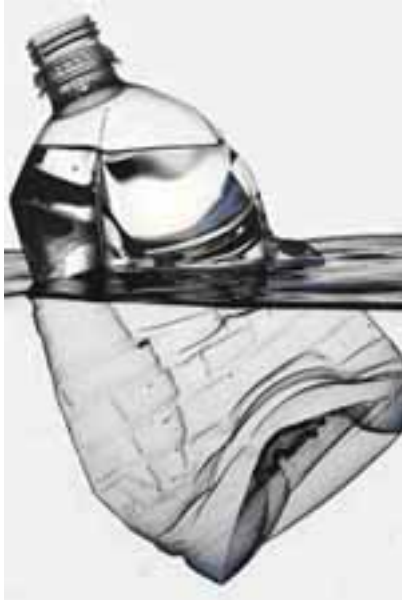


- A few facts about plastic bags:
- A person uses a plastic carrier bag on average for only 12 minutes.
- A plastic bag can take between 500 to 1000 years to break down in the environment.
- In the UK at least 200 million plastic bags end up as litter on our beaches, streets and parks every year.

When a plastic bag enters the ocean it becomes a harmful piece of litter. Many marine animals mistake plastic bags for food and swallow them, with painful and often fatal consequences. [Read more...](#)

[Back to Top](#)

## Plastic Bottles & Food Containers Leach a Potentially Harmful Chemical



Bisphenol A (BPA) is a ubiquitous compound in plastics. First synthesized in 1891, the chemical has become a key [building block of plastics](#) from polycarbonate to polyester; in the U.S. alone more than 2.3 billion pounds (1.04 million metric tons) of the stuff is manufactured annually.

Since at least 1936 it has been known that BPA mimics estrogens, binding to the same receptors throughout the human body as natural female hormones. And tests have shown that the chemical can promote [human breast cancer cell growth](#), as well as decrease sperm count in rats, among other effects. These findings have raised questions about the potential health risks of BPA, especially in the wake of hosts of studies showing that it leaches from plastics and resins when they are exposed to hard use or high temperatures (as in microwaves or dishwashers). [Read more...](#)

[Back to Top](#)

## Organic Gardening in 9 Easy Steps



The coming events include a global shortage of food and water. If you're not ready to relocate into a sustainable community, you should consider having an organic garden. Nature is always abundant in spite of the man made crisis. When we choose a lifestyle independent from the system and don't depend on purchasing our food at the grocery store, we benefit the best food and also thrive despite the crisis. This article is a simple 9 easy step to start an organic garden with heirloom seeds (seeds that are not hybrids). [Read more...](#)

[Back to Top](#)

## Off-the-Grid and On the Path to Thrive



Timeline To The Future provides clear information on the exponential collapse of the economy provoking a chain of events that results in poverty, famine, and violence worldwide. This is the time to reduce your expenses and create a lifestyle that's free from all dependency with the current system.

Living off the grid is not only the most efficient way to save a lot of money, it's also a sustainable way of living in harmony with nature's law and free from pollution. Purchasing solar panels, a wind turbine, or installing [Microhydro Electricity](#) can be expensive. This article provides basic information on the various alternative resources and links to support living off the grid.

[Read more...](#)

[Back to Top](#)

## Chemicals in Mattresses and Other Household Products



[Back to top](#) [Discussion: The Role of Sustainable Living in Achieving the SDGs](#) [Discussion: The Role of Sustainable Living in Achieving the SDGs](#) [Discussion: The Role of Sustainable Living in Achieving the SDGs](#)