



iSEE

Sustainable New Year's Resolutions

STAYING MINDFUL OF THE ENVIRONMENT WHEN SETTING GOALS IN 2021

New Year's resolutions are a great way to set goals as the new year rolls around. And while exercising, cutting back on sweets, and tidying up your spaces are great starting points, iSEE challenges you to set a goal that benefits everyone — a goal that focuses on the planet!

Taking something on can be just as transformative as giving something up. Below is a list of resolutions, and resources for completing them.

Let's get creative and keep the environment in mind as we enter 2021!

Do you want to receive resources from iSEE to help with your resolution? Fill out this [Google Form](#)!



Food & Waste

- Avoid eating meat once a week (or more or less — whatever works for you!)
- Grow your own food
- Reduce food waste (Tip: Host your own Waste Reduction Challenge!)
- Ditch the garbage can; resell or donate items instead
- Compost
- Plan meals and stick to your grocery list



Plastic

- Give up any and all single-use plastics (water bottles, straws, bags, cutlery, containers, etc.)
- Remember your reusables — at the grocery store, out to eat, shopping, etc. (Tip: Keep an extra in your bag)
- Keep a jar in your car!



Water

- Set a shower limit: 7 minutes or less
- Turn off the water while brushing your teeth
- Reuse water, such as rain water, to water your plants
- Invest in water-saving shower heads, faucets, and other appliances

Fill out this [Google Form](#) to receive iSEE tips all year!



Energy & Emissions

- Switch off the lights when leaving a room
- Take an hour off from electricity once a month (Tip: Third Thursdays from noon-1)
- Unplug infrequently used appliances (fans, clocks, TVs, exercise equipment, etc.)
- Drive less. Walk, carpool, or use public transit.
- Invest in energy efficient appliances
- Purchase carbon offsets when flying (or driving!)



Self

- Pick up a sustainable skill like sewing or upcycling to keep items from the trash
- Spend more time in nature
- Shop smart. Pledge to buy from sustainably and ethically sourced brands or secondhand stores (Tip: Do a clothing swap with friends/family)



Community

- Plant something beautiful for your community to enjoy
- Contact your local, state, or national government officials to thank them for pushing sustainability or encourage them to do more
- Shop and eat locally
- Find out what your community is doing to help the environment and get involved!

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RESOURCE LINKS

- [Vegan](#) and [vegetarian](#) recipes
- [How to compost](#)
- [UIUC recycling guide](#)
- [Best reusable goods](#) of 2020
- Highest-rated [energy efficient appliances](#) of 2020
- [MTD Website](#)
- How to [upcycle](#) and [sew](#)
- 2020 [sustainable brands](#)
- UIUC [Arboretum](#)
- [How to find nature near me](#)
- [How to volunteer in nature near me](#)
- [U of I Institute for Sustainability, Energy, and Environment](#)
- [Waste Reduction @ Illinois Facebook group](#)

iSEE

We know you have an overwhelming number of options for living sustainably! We encourage you to **pick one or two** and give them your **total focus** in 2021.

This one change will truly make a tremendous difference.

For example, pledge to never use a plastic water bottle again and always keep a reusable bottle on hand. This could eliminate 167 water bottles from circulation each year.

Thank you for your commitment to sustainability in 2021!