



The Art of Sustainable Living: based on the principles of One Planet Living

10. SUSTAINABLE PRODUCTS: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre

This month we are looking at the last of the One Planet Living principles, and the final one in the **SUSTAINABLE** group: that's **SUSTAINABLE PRODUCTS**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community is that destructive patterns of resource exploitation and use of non-local materials in construction and manufacture increase environmental harm and reduce gains to the local economy.

To address this, we must promote sustainable living by making it easy to share and reduce consumption of natural materials, we must carefully consider every material and product and select them for their positive social and environmental benefit or for reducing negative impact and we must promote materials and products that are not toxic to humans or wildlife at any stage in their lifecycle, from raw materials through to manufacturing, use and end -of-life

Globally we demand 3 times more resources than the amount the Earth can regenerate. The Global Footprint Network, an international research organization, have created Earth Overshoot Day to help us understand and monitor how we are using the Earth's resources. It marks the date when the demand for ecological resources and services, in a given year, exceeds what the Earth can regenerate in that year.

In 1970 we had used that year's resources by December 30th meaning we only borrowed from future resources for one day. By 1980 it was November 4th and 1990 it was October 10th. Fast forward to 2010 and we were all spent by August 6th and in 2021 it was as early as July 29th. If we are to lessen our impact on this planet, we need that date to be December 31st, so we only use what we generate in any given year and we don't borrow from future generations.

Overconsumption is at the root of most of our environmental issues, so we need to create a culture of buying less, and better. We can achieve this through sharing and swapping initiatives for items like tools, books, clothes etc and buying 2nd hand where possible. We must extend the life of every product ever made.

When we started our journey at the Green Centre, we tried to identify some simple ideas to include in our work daily. Initially this involved learning the stories of the materials we reused and recycled as part of our Zero Waste programme. We started to understand that every product or service has a significantly different impact on the environment, and this has influenced every purchase ever made by us.

You can find out more about the Green Centre **SUSTAINABLE PRODUCTS** journey on our website along with a FACT SHEET to help you map out your own, bespoke adventure.

Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

485 words