



# EXPLORE OPPORTUNITIES FOR SUSTAINABLE LIVING FROM HOME

Our world is entering a period of quiet time at home, which provides us all with a chance to pause and think about how we can become more self sustaining - perhaps more important now than ever before. Here are some simple and easy lifestyle changes, please share your ideas, lets learn and grow together!

- **Spring is Sprouting** - with the warm weather on route, it is a perfect time to start planning and planting the seedlings for a home veggie patch. If you don't have any green space available, lots of micro greens and veggies can thrive in a sunny window sill.
- **Make Your Own Supplies** - there are many simple recipes online to make your own cleaning supplies and personal care products - simple ingredients such as vinegar, coconut oil, baking soda, honey and essential oils provide a world of options to experiment with!
- **Create a Community Link** - set up an online hub in your community providing a network to share ideas, useful tips and to provide a resource for those who are in need.
- **Reconnect with Your Food** - get your household engaged in a cooking and dining challenge where you take turns making meals for each other. Bonus points for creativity and recipes that use minimal ingredients for maximum nutrition!
  - **Dehydrated Fruits** - are a healthy snack with no preservatives required. Find a location in your house with good air flow on a sunny day ( $30^{\circ}\text{C}+$ ) or slow cook at the lowest temperature in your oven (130-160°F).
  - **Online Learning** - is there a topic you have always wanted to learn more about? Now is your chance to indulge, learn and share your knowledge with others! Whether you want to keep up with your existing learning journey or learn something new, there are many free online resources to explore, just a click away!

