

Sources of Information

Central Rivers Farmshed

Information, list serve, and wiki on local food efforts in Central Wisconsin, including the Farm Fresh Atlas, the Greenhouse Project, and more.
www.farmshed.org



Wisconsin Center for Environmental Education

Information and resources for sustainability education in schools and communities
www.uwsp.edu/cnr-ap/wcee



Wisconsin Center for Environmental Education
College of Natural Resources
University of Wisconsin - Stevens Point

Center for Land Use Education

Information on eco-municipalities and sustainability and Central Wisconsin Sustainability Newsletter.
www.uwsp.edu/cnr-ap/clue
<http://fyi.uwex.edu/cwsn>



Center for Land Use Education
College of Natural Resources
University of Wisconsin - Stevens Point

UW
Extension

University of Wisconsin-Extension

51 Steps to Community Sustainability



Sustainability is not an individual property but a property of an entire web of relationships. It always involves a whole community. This is the profound lesson we need to learn from nature. The way to sustain life is to build and nurture community.

Fritjof Capra

51 easy ways to make your life better and our community more sustainable

1. Use compact fluorescent lights¹
2. Make something you usually buy^{1,2}
3. If purchasing/renting a new car, choose one with high miles per gallon¹
4. Buy recycled materials^{1,2}
5. Use a cloth bag at the store¹
6. If building, use locally harvest wood and other local resources^{1,3}
7. Shop at the farmers' market^{1,3,4}
8. Share tools and equipment with a neighbor^{1,2,4}
9. Join a community supported agriculture (CSA) farm^{1,2,3,4}
10. Form/join a neighborhood association⁴
11. Convert some of your lawn to native plants³
12. Teach a neighbor or friend a skill you have⁴
13. Preserve some of your food^{1,4}
14. Have a home energy audit¹
15. Calculate your ecological footprint^{1,2,3}
16. Barter excess goods for those you need^{1,4}
17. Join a community organization⁴
18. Grow a garden and share some of the bounty^{1,2,3,4}
19. Walk or bike when possible¹
20. Buy in bulk to reduce packaging^{1,2}
21. Decrease your hot water temperature¹
22. Unplug unused appliances and gadgets¹
23. Buy less stuff^{1,2,3}
24. Support local artists⁴
25. Use the local library^{1,2}
26. Shop in locally-owned stores^{1,4}
27. Volunteer⁴
28. Minimize watering your lawn and when you water, do so in the morning or evening^{1,3}
29. Plan your vehicle trips around town¹
30. Take a local "vacation" in Stevens Point^{1,4}
31. Purchase renewable energy¹
32. Buy Energy Star appliances when replacing existing ones¹
33. Weather strip your doors¹
34. Turn the thermostat down in the winter and up in the summer¹
35. Use a fan instead of air conditioning¹
36. Get a low flush toilet if replacing an existing one or put a block in the tank to decrease water use³
37. Insulate your water heater and pipes¹
38. Install a rain barrel³
39. Compost your household food waste^{1,2,3}
40. Use public transportation¹
41. Spend time outdoors with a child⁴
42. Eat a higher proportion of vegetables and fruit in your meals^{1,2,3}
43. Eat less junk food^{1,2,3}
44. Use homemade and/or natural cleaning products²
45. Turn the lights off when not in room¹
46. Minimize water use³
47. Don't let your car idle – turn it off¹
48. Minimize use of credit cards⁴
49. Have a potluck⁴
50. Invest locally⁴
51. Encourage businesses to use green practices^{1,2,3}

The activities included above address The Natural Step conditions for sustainable communities by:

¹ reducing use of fossil fuels

² reducing use of persistent chemicals

³ protecting the productive capacity of the land

⁴ improving social equity and the ability of all people to have a high quality of life