

# TIPS FOR A GREENER LIFESTYLE!

## *How can we live sustainably?*

IN THIS SERIES WE EXPLORE HOW WE CAN BE SUSTAINABLE TOGETHER,  
RIGHT HERE IN ATHENS-CLARKE COUNTY!



THIS MONTH'S TOPIC:

## BUYING LOCAL IN EVERY SEASON!



HANNAH CHAFFEE

Athens is blessed with a thriving community of entrepreneurs. A great way to enjoy the weather and support local businesses is by visiting Athens' various markets. Whether you're looking to snag an early gift for your impossible to shop for family member or simply getting some ingredients for that recipe you've been dying to try, buying local –when you can– is a great way to live more sustainably!

Small local businesses don't have to transport their goods long distances, significantly reducing the emissions associated with their products. When it comes specifically to agriculture, this often means that available produce is seasonal. Right now, apples, sweet potatoes, and winter squash are in season along with many leafy greens and cruciferous vegetables.

The more connected you can be with the supply chains that provide you with goods and services, the better. A large part of being an ethical consumer is educating yourself

about a businesses' environmental and social standards. Buying local gives you the opportunity to ask sellers how a product gets into your hands and who helped along the way. Often, local entrepreneurs are excited to share the steps they are taking to be more sustainable.

**Make an effort to patron minority owned businesses! Your support grows opportunity for disadvantaged communities.**

