

SUSTAINABLE LIFESTYLE GUIDE

Below is a *non-exhaustive* list of our personal sustainability finds and favorites.
Please enjoy, engage, and share if you'd like!

COMPOST!

It couldn't be easier to compost household food waste with local services like:

- [**BLACK EARTH COMPOST**](#)
- [**BOOTSTRAP COMPOST**](#)
- [**CITY COMPOST**](#)



Or if you have space, try creating a compost area in your own yard!

Check out [this great information from Zero Waste Chef](#), sustainability blogger Anne Marie Bonneau.

P.S. Her [blog](#) has SO MANY other great suggestions for low/zero waste substitutions and recipes. A worthy scroll!

BUY BULK!

You can bring your own containers (old take out containers or jam jars!) and shop at local places like:

- [**CAMBRIDGE NATURALS**](#)- herbs, teas, and apothecary supplies (Cambridge)
- [**CLEENLAND**](#)- household cleaning products, kitchen supplies, and bath products, and also buy-ahead grocery bulk drop-off (Cambridge)
- [**PEMBERTON FARMS**](#)- grocery items (Cambridge)
- [**UVIDA**](#)- one stop shopping for all your zero waste product needs (North End)
- [**GOOD FILLING**](#)- accessible and convenient refill stations for cleaning products and much more (9 locations in and around Boston!)
- [**FULFILLED GOODS**](#)- refillable bulk pantry items, home goods, and cleaning supplies (Newtonville)

Or shop from local farmer's markets if you can!

Here's a site that lists where to find the closest farmer's market to you

--> [List of farmers markets around Boston](#)



SHOP LOCAL!

Shopping locally and from small businesses instead of online or from big box reduces your carbon footprint and supports the dreams and goals of people in your community!

Check out [this awesome resource](#) from [Cambridge Local First](#) to get you acquainted with some great local businesses!



SHOP SECOND HAND

You're sure to find many of the things you need pre-owned and pre-loved and save some \$\$\$!

Here's just a few of our favorite local second hand shops:

- [MAKE AND MEND](#)- art and craft supplies (you can also donate old craft supplies here!)
- [SWANSON'S FABRICS](#)- a community fabric and fiber craft store stocked with the unused items of other sewers. The owner also teaches some great classes- you could learn how to make a braided rug, for instance!
- [BUY AND CONSIGN](#)- furniture and home goods
- [GARMENT DISTRICT](#)- everyday clothing as well as costumes
- [PLATO'S CLOSET](#)- trendy fashions in clothing, all second hand and 70% less than retail
- [VIVANT VINTAGE](#)- clothing, sterling silver jewelry, and other cool ephemera. They also host fun events like karaoke!
- [HIGH ENERGY VINTAGE](#)- funky vintage clothing, vinyl, 90s gaming technology, music, etc.
- [CAMBRIDGE RASPBERRY BERET](#)- the kind you find at a second hand store 🎵...consignment of many decades of clothes and accessories
- [VICO STYLE](#)- sustainably bougie on a budget by reclosetting vintage fashion pieces that may otherwise end up in landfills or incinerated. Did you know that VICO Style transformed what was formerly a bank ATM location into a micro vintage shop? Cool!





REPAIR!

Mending and simple repairing skills are amazing things to learn! No time or overwhelmed? There's still lots of great options before throwing something in the trash and buying new- find a local professional! I bet there's one right in your neighborhood...

Check out this fantastic resource below compiled by [We Thieves](#), (fellow [Cambridge Local First](#) member!) a local woman owned small vintage clothing boutique, now in 2 locations in Cambridge- Inman Square and Porter Square-ish
--> [Shoe & Clothing Repair Resource List](#)

Interested in gaining some mending skills of your own? [Cleenland](#), in addition to providing low waste home products, also has [Monthly Mending Days](#) where folks can come in with their clothes in need of repair and mending professionals will be there to teach you how to do it. Plus it's a cool social hang!

In addition to clothing repairs, there are lots of other things we use that can be fixed before needing to replace with something new. Here's a few:

[BIKES NOT BOMBS](#)- bike repairs

[WATERTOWN WATCH AND CLOCK REPAIR](#)- watch repairs

[HUB APPLIANCES](#)- home appliance repair



BORROW!

Your local library may have many items beyond books that you can borrow. In fact, they may offer a "Library of Things", which could include kitchen equipment, technology, games, musical instruments, and way more!

[BOSTON PUBLIC LIBRARY OF THINGS](#)

[MINUTE MAN LIBRARY OF THINGS](#)



THAT'S ALL WE'VE GOT FOR NOW BUT WE'D LOVE TO
HEAR WHAT YOU THINK OR IF YOU HAVE ANY ADDITIONS!

