

## SIMPLICITY

Live Simply so that others may simply live.

1. Many of us in the global north shop from within a world view framed by an essentially false simplicity. It is not essential at the usual supermarket checkout to know where our food and other items have come from - unless we are buying a luxury label that is Appellation d'Origine **Contrôlée**. Yet we are not living simply if we ignore origins and buy products based on practices that are in fact unjust or unhealthy for current and future generations or that ignore the sad social and ecological consequences of some land-use practices.
  - a. Chickens reared on pellets produced with soy farmed on land that was previously tropical rainforest carry the hidden costs of species extinction incurred when the land was cleared.
  - b. Agricultural pressures on land rich in wild-life create new proximities which in turn risk circulating zoonotic diseases as viruses jump from wildlife to domestic animals and humans.
2. Living simply therefore means trying to recognise the complexity of global systems of food supply and distribution and upholding the rights of people elsewhere to fair wages and healthy working environments. One could therefore:
  - a. Select foods grown in the local region with only a few special items imported from other part of the globe
  - b. Support local farmers
  - c. Grow one's own food
  - d. Focus on eating foods when they are in season locally and which do not require extended storage in refrigerated facilities or shipping or flying from another part of the world using fossil fuels and high carbon footprints.
3. Similarly, wearing simple clothing could mean rethinking shopping for clothes:
  - a. Perhaps buy only a few items of high quality from companies with good labour and environmental practices and then wear one's small wardrobe for years.
  - b. Alternatively, purchase from local clothiers or make one's own.
  - c. It could mean wearing clothing acquired secondhand in order to keep usable items out of landfills.