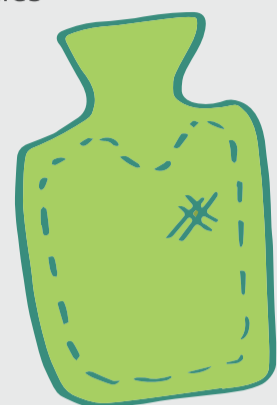


TIPS FOR LIVING GREENER

AND LESSENING OUR IMPACT ON THE PLANET

ENERGY

- Modem off at night
- Lights off when not in room
- Boil kettle only once
- Energy saving cycles
- Draft stoppers
- Pelmets
- Thick curtains
- Hot water bottles
- Insulation
- Drying clothes outside (when fine)



WASTE

- Use Stainless steel coffee mugs and H₂O bottles etc
- Make homemade food like; humus, bread, cakes, muesli etc
- Freeze old bananas for smoothies
- Use glass jars and bottles
- Shop bulk bin/paper bags
- Rechargeable batteries
- Scrap paper for notes
- Takeaway containers
- Sodastream
- Shampoo bars
- Reusable bags
- Recycle
- Upcycle
- Avoid



TRAVEL

- Walk
- Work at home
- Fly less
- Carpool
- Offset any flights



BIODIVERSITY

- Vege garden
- Fruit trees
- Native plants
- Bird feeders
- Insect houses
- Skink habitats
- Compost
- Chickens
- Cat sanctuary
- Rat traps
- Leaf litter
- Beehives



WATER

- Water tanks for garden
- Mulch garden
- Short showers
- Grey water on garden
- Flush poos, leave wees
- Washing machine & dishwasher on eco



CONSUMPTION

- Avoid plastic
- Support local and Fairtrade
- Buy less
- Milk in glass bottles (if you can)
- Natural fibre clothes
- Buying second hand
- Bulk bin
- Leftovers frozen
- Natural soap
- Unbleached napkins
- Natural dental floss
- Chop kindling
- Eating seasonal food
- Grow veges
- Avoid food miles
- No palm oil
- Lobby companies to change packaging



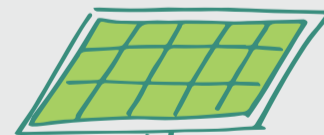
WELLBEING & HEALTH

- Grow and make food
- Try vege/vegan diet
- Make natural cleaners
- Homemade balms
- Favouring natural fibres
- Bush or beach walks
- Exercise
- Laughter
- Creativity
- Reduce meat consumption
- Have downtime from phones, TV and computers



WHAT OTHER ACTIONS COULD YOU TAKE?

- Make toothpaste
- Buy a citrus press
- Walk more
- Make more
- Wash less
- Solar panels
- What else?



MONEY

- Ethical Kiwisaver
- Buying local, fairtrade, carbon zero
- Green dollar- swapping produce
- Ethical companies

