

my top 10 things to help the environment

Here are 10 tips for being a true green consumer this August.

August 2009

	true green's top 10	done	my top 10	done
1	Have a 'Buy Nothing Day'. Every dollar you save will also save about 1.6 kilograms of greenhouse gas emissions.			
2	Buy Fair Trade products. Fair Trade certification ensures the people who make the goods receive a fair price.			
3	A quarter of all food purchased ends up in landfill. Reduce food wastage - take the old advice to eat everything on your plate, reuse leftovers, and buy only what you need.			
4	Buy locally to grow your local economy. Instead of visiting the supermarket, spend a little extra time visiting the local grocer, butcher and baker.			
5	Don't buy food more travelled than you. The further food travels from where it's grown to where it's sold, the higher the associated environmental footprint.			
6	Read product labels. By knowing a product's origins and contents you can make informed choices about what you buy.			
7	Buy second-hand and vintage clothes to reduce your environmental impact. The garments are often better than new items and cost a fraction of the price.			
8	Avoid dry-cleaning solvents by finding a 'wet-cleaning' agent that uses non-toxic biodegradable detergents instead.			
9	Cheap products are rarely the most cost-effective. Buy durable items that can be repaired, upgraded and recycled to save money and the environment.			
10	Australians go through 5 million plastic bags a year! Take reusable bags when you go shopping and say no to plastic bags offered in shops.			

remember, when you're achieved your top 10, revisit true green and select another 10