



june 2009

my top 10 things to help the environment

World Environment Day is on June 5, so make your WED commitment today. Try to incorporate all of these tips into your life as a matter of routine. Get others to do so the same. And get involved!!

Plant a tree! Help achieve UNEP's Billion Tree Campaign target of planting seven billion trees – one for every person on the planet – by the end of this year! Three billion are planted. Five billion are pledged. On every continent in the world trees can be planted in June, so start your efforts on WED.

For more information on WED, check out the website, <http://www.unep.org/wed/2009/english/>

	WED's top 10	done	my top 10	done
1	When packing your lunch, opt for reusable containers for food storage instead of wrapping the food with aluminum foil or plastic wrap.			
2	Don't go anywhere without your cloth bag so you can just say no to plastic whenever you shop.			
3	If you're one of the lucky few blessed with clear stretches of road on your way to work, use cruise control, as it saves fuel and also helps you maintain a constant speed. Better still, catch public transport.			
4	When you need a pad for lists and messages, turn over an old document and write on the back of that instead.			
5	When you must have a paper copy, make sure you default your printer option to use both sides. This is an easy tree-saver!			
6	If you're in search of something to personalize your workspace, look no further than the humble houseplant. Houseplants are good for the environment because they remove some of the pollutants present in the air.			
7	Don't place lamps or TV sets near your air-conditioning thermostat as it senses heat from these appliances, which can cause the air-conditioner to run longer than necessary.			
8	When cooking dinner, match the size of the pan to the size of the heating element to lower energy wastage.			
9	Do you have a morning hot drink routine? Using a washable mug is an environmentally-friendly alternative to non-biodegradable cups.			
10	Use towels for drying your face and hands instead of tissues that are used and thrown away. Also, hang your towels to dry so that they can be reused several times. After all, you are clean when you use them!			

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