

	true green's top 10	done	my top 10	done
1	Australian cities have good quality tap water, avoid buying bottled water which is bad for the environment and fill up using a reusable container at home.			
2	Containing more beneficial minerals and nutrients, organic food is not only better for you, but better for the environment.			
3	Try breastfeeding or choosing bottles, nipples and containers made of tempered glass or safer plastics such as polyethylene or polypropylene (recycling symbols 1, 2 or 5)			
4	Consider your baby's skin and the environment and choose eco friendly baby wipes, or create your own with old fabric, water and organic baby soap.			
5	Buy unbleached, 100% recycled tissues that do not contribute to the destruction of virgin or old growth forests.			
6	Donate your unwanted glasses to one of the many charities that manage recycling programs such as 'Lions Recycle' and 'Unite and Sight'			
7	The RUM (The National Return and Disposal of Unwanted Medicines Program) uses your pharmacy network to collect and safely dispose of your unwanted medicines.			
8	Reduce your use of products containing mercury and reduce it's impact on the environment The amount of mercury in one thermometer is enough to contaminate fish in an 8-hectare lake.			
9	When choosing cosmetics and toiletries, look for minimal, recyclable or biodegradable packaging as well as organic certification.			
10	Try just wetting your toothbrush and fill a glass for rinsing, this could save over 190 litres of water a day!			