

my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. Maximise your fridges efficiency by making sure the seals work and place it in a cool spot in the kitchen – preferably away from the oven and direct sunlight.		1.	
2. Make a feature of the natural contours of your garden by landscaping for water efficiency. A pond is a great eco-system addition and will attract birds and frogs into your backyard.		2.	
3. Put in place a recycling system so that plastics, paper and glass (that would otherwise go into landfill) can be recycled.		3.	
4. Use organic toxin-free paints and natural wood oils. They are good for the environment as well as for allergy sufferers and asthmatics.		4.	
5. Take to heart the advice to 'eat everything on your plate' and make the effort to reduce leftovers. Buy only what you need and avoid going shopping on an empty stomach!		5.	
6. When shopping, keep in mind that every item you buy contains embodied energy, water and waste in its production, packaging, transport and disposal. Make well-informed purchasing decisions.		6.	
7. Group thirsty plants together and water them longer but less often to encourage deeper roots and increase their drought tolerance.		7.	
8. Keep windows closed but curtains open on cold winter days to trap the warmth of the sun. Close curtains just before the sun sets to make the most of the natural warmth collected during the day.		8.	
9. Unplug chargers and other electronic devices when they're not being used. Keeping them plugged in means they can continue to draw electricity.		9.	
10. It is now mandatory for all showerheads, tap equipment, toilets, urinals, washing machines and dishwashers to be registered and carry a water-rating label. Choose the most efficient options.		10.	

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