

my top 10 things to help the environment

true green summer

true green's top 10	done	my top 10	done
1. Let the sun shine in and make better use of natural light in your home. Open the curtains to let as much light in as possible and switch off the electric lights.		1.	
2. Type 'environment' into a search engine and you'll find more than 400 million links. Go surfing to learn about the environment and what you can do to reduce your impact on it.		2.	
3. Turn that music up! Many popular rock groups and musicians are involved in spreading the word about the environment. In Australia, Midnight Oil is one of the best known. Listen to music that inspires you to make a difference!		3.	
4. Be a quick-change artist, get together with a group of friends and organise a clothes-swapping party. Everyone brings some good quality clothes, bags, jewellery and accessories to swap.		4.	
5. Keeping healthy is one of the best ways to help the planet. It's even more fun if you have a dog to take for a walk, but don't forget to clean up after it!		5.	
6. Australia may seem to only have two seasons – hot and cold, or dry and wet. Look closely and you'll notice subtle changes throughout the year. Find a place that makes you feel good and enjoy your world.		6.	
7. Our homes are our refuge from the pollution and smog of the city, but the air in our home can be more polluted than outdoor air. Grab some air purifying indoor plants, like a peace lily, and clear the air in your home.		7.	
8. Leave the heat outside this summer. Outside awnings and blinds are much more efficient than their indoor equivalents – keeping temperatures down by up to 5 degrees.		8.	
9. Outdoor lighting is great for enjoying your garden into the evening, but it can also be a huge energy-eater. Check out solar-powered lighting, which charge during the day to emit a lovely glow at night.		9.	
10. Why not turn that high-maintenance lawn into a low-maintenance paved area? There's heaps of paving options available, including recycled products, and paving means less watering, less mowing and less general maintenance.		10.	

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