

my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. Avoid eating tasty but overfished species – look for alternative choices such as yellowfin bream, blue swimmer crabs, oysters, yabbies and Australian native salmon.		1.	
2. When buying new products, choose items that last and can be recycled. Opt for alternatives to plastic such as paper, calico or wood.		2.	
3. Look for natural alternatives to your cosmetics and toiletries. Synthetic chemicals found in everyday household products are not always fully tested for their effects.		3.	
4. Invest in well designed, more durable items that can be reused, repaired, upgraded and recycled. You'll save money in the long term and avoid the 'planned obsolescence' of cheaper, inferior products.		4.	
5. Join the local library and video rental store and borrow books and DVD's. Services have a lower environmental impact than goods – try borrowing instead of buying.		5.	
6. You can create your own greywater systems to recycle water for use in the toilet and the garden. It can be as simple as pacing a bucket in the shower or installing a tank to collect laundry water.		6.	
7. Make the most of the energy you use by trapping warm and cool air with the use of good insulation, double-glazed windows and good ventilation systems.		7.	
8. Turn off computers when they're not being used. If you're leaving your desk for less than half an hour, put your computer into sleep mode, which reduces energy use to 5% of its full operating power.		8.	
9. Green businesses regard profit as a means to an end, not the only end. Does your company use 'triple bottom line' accounting systems to measure financial, social and environmental performance?		9.	
10. Use the cold cycle on your washing machine and avoid unnecessarily washing or ironing clothes. A hot wash generates 5 times more emissions than a cold wash.		10.	

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