

my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. Think about 'green furnishings' and look for natural alternatives that have been or can be recycled.		1.	
2. Need timber or timber products? Look for local and recycled materials which save money and energy. Sustainably harvested timber has less environmental impact, and recycled timber has less still.		2.	
3. Visit your local farmers market and seek out organic produce. It is better for the environment and contains higher concentrations of vitamins and minerals.		3.	
4. It is a myth that turning the lights on and off uses more electricity than leaving them on. Maintain a vigilant 'Earth Hour' watch and switch off unnecessary lights.		4.	
5. Keep cleaning simple and clean. Use a microfiber cleaning cloth, warm water and a dash of natural soap. Cut out using harmful cleaners and air fresheners that emit toxic contaminants and risk your health.		5.	
6. Keep a worm farm or organic compost bin. Every tonne of organic matter you divert from waste collection avoids a third of a tonne of greenhouse gas emissions from landfill.		6.	
7. Look for AAA rated water fittings to conserve water use in your home. A third of water used in the home is used in the shower; replace your old showerhead with an efficient one.		7.	
8. Double-glazed windows are great for blocking out unwanted solar radiation and reducing heat loss from inside. They may cost more but are also much more efficient.		8.	
9. Reduce energy consumption while you're cooking. Keep lids on pots, simmer dishes rather than boil them and don't worry about pre-heating the oven!		9.	
10. Look for fair trade products like coffee, tea, cocoa and chocolate. Fair trade branded products put more money in the pockets of local growers who can invest in more sustainable farming.		10.	

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