

my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. Slow down to cut costs and cut carbon emissions. At 110 km/h your car uses a quarter more fuel than cruising at 90 km/h.		1.	
2. If everyone took 30 seconds to inflate their tyres to the proper pressure we would save 200,000 barrels of oil a day.		2.	
3. Use your own bag. Australian's go through 5 billion plastic bags a year, most go to landfill but about 50 million don't.		3.	
4. The paper industry is the world's 3rd largest contributor to global warming. Use recycled paper – it uses up to 90 per cent less water and half the energy required to make paper from virgin timber.		4.	
5. Ditch the screensaver – it wastes tonnes of energy. Switch your computer to sleep mode while you're in a meeting or out at lunch.		5.	
6. Switch off and unplug electronics – standby power accounts for around 10% of Australian household energy use. Switching it off can save you around \$100 a year.		6.	
7. Take shorter showers. If you cut shower time down from seven minutes to four, you could be saving over 25,000 litres of water a year.		7.	
8. Snuggle up in a jumper or thick socks to warm up yourself and not the environment. Every degree you avoid in heating cuts about 3 per cent from your heating bill.		8.	
9. Join a local or national group making a difference. More than 600,000 Australian's are members of a green group. Make your mark and support or volunteer for a worthy cause.		9.	
10. Educate yourself and your family about the realities of global warming. Have a movie weekend and rent Al Gore's <i>An Inconvenient Truth</i> , the <i>March of the Penguins</i> , <i>The 11th Hour</i> and <i>The Day After Tomorrow</i> .		10.	

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