

my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. Time off over the holidays? Get out in the garden and use your time wisely, start your own veggie garden and become eco/self-sufficient.		1.	
2. Are your New Year resolutions to loose weight, exercise more and save money? Pack your own healthy lunch – save resources and money and make a resolution to walk to work one day a week.		2.	
3. Think twice before switching on your air-conditioner this summer. Keep windows and curtains closed during the day to block out the heat, and then open them at night to let the house cool.		3.	
4. Take advantage of the warmer weather – hang your clothes out to dry instead of using the clothes dryer.		4.	
5. Attention all bargain hunters – waiting for the January sales to purchase new whitegoods? Remember to choose ones with a high energy star rating.		5.	
6. Detox your home – contact your local council for chemical collection days, don't pour paints or chemicals down the drain and into our waterways.		6.	
7. Plant natives in the garden and reduce the amount of water required to keep them alive.		7.	
8. Bike or walk to your local shops over summer – get fit and reduce your carbon emissions.		8.	
9. Write to your local politician or newspaper and make positive suggestions to change policies to reduce the impact of global warming.		9.	
10. Increase your summer reading and join your local library. It's a better option than having the TV on all day over the holidays.		10.	

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