



july 2007

my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. Rather than use a heater, consider wearing warmer clothing. Home heating and cooling is responsible for 11 per cent of household greenhouse gas emissions.		1.	
2. If you need new warm clothing, look for clothes made from chemical-free organic cotton, wool and hemp.		2.	
3. If you do need a heater, make sure you draw curtains across windows, and seal any space under doors. Every degree of difference in temperature can add up to 10 per cent of your home heating or cooling costs.		3.	
4. Glaze your windows to improve insulation. On cold days, uninsulated glass can lose up to 10 times more heat than the same area of insulated wall.		4.	
5. Although it may be cold, try to power shower; if you reduce your shower time from 10 minutes to five, you could save up to 16,000 litres of water, \$90 on the water bill, and \$150 on water heating each year.		5.	
6. Boost your power shower with an AAA-rated water-efficient showerhead. Over a year of five minute showers, you can save 15,000 litres of water as well as the heating energy required.		6.	
		7.	
7. When buying groceries, look for local produce that is in season. The further your food has to travel, the more energy and resources are required to bring it to you.		8.	
8. When shopping, remember to take your green bag from home, rather than buy a new one.		9.	
9. Don't buy more groceries than you really need to. Up to a quarter of the food we purchase in a year ends up as \$650 worth of landfill.		10.	
10. Cover your pool to prevent evaporation. It will also help to keep your pool clean for summer.			

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