

my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. Winter is upon us, reduce your energy consumption with small steps. When boiling the kettle, only boil enough water for what you need, remember to not to leave heaters or lights on when you leave the room for extended periods of time.		1.	
2. Bright idea – switching from standard incandescent light bulbs to compact fluorescent light (CFL). CFL will last about eight times longer, save money on your energy bill and reduce your greenhouse gas emissions.		2.	
3. Aim to only wash with cold water when washing your clothes – a hot wash generates five times more in greenhouse gas than a cold wash.		3.	
4. Before opting for dry-cleaning, consider the merit of a quick cold hand wash or spot-cleaning. Dry-cleaners use large amounts of the chemical solvent tetrachloroethylene, a suspected carcinogen, can aggravate asthma and allergies and is harmful to the environment.		4.	
5. Renovating at home? Consider using recycled materials where possible. Recycled or second hand furniture or new furniture made from recycled materials ensures that you are helping reduce carbon emissions and waste.		5.	
6. On the renovating theme – when it comes to painting, consider organic and toxin-free brands that are better for the environment and can also benefit allergy and asthma sufferers, pregnant women and young children.		6.	
7. Upgrading your mobile phone? Mobile phones can be recycled via the industry recycling program, Mobile Muster. Old phones that still work can be exported to developing countries to be dismantled for parts and make other products.		7.	
8. Next time you order your take away coffee, think of the waste and cost in producing disposable cups. Consider taking your own clean mug to the café.		8.	
9. Want to know more about helping the environment and consequences of climate change? We highly recommend 2007 Australian of the Year, Tim Flannery's <i>The Weather Makers</i> .		9.	
10. With the end of the financial year approaching, take into consideration how your superannuation is invested. Choose an ethical investment option from an industry super fund, a master fund or a specialist ethical fund manager.		10.	

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