



march 2007

my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. Start a co-operative with your neighbours or friends – support your local economy and encourage sustainable business.		1.	
2. If you have to drive your car – consider switching to high-octane fuel. It contains up to a third less sulphur than regular unleaded petrol, provides more engine power, more efficient consumption and cleaner exhaust emissions.		2.	
3. Clean living – create a healthier environment and home. Clean up with a micro-fibre cleaning cloth, warm water, a dash of natural soap and good old-fashioned elbow grease.		3.	
4. Australians throw away more than 3.4 million tones of packaging – 165 kilograms for every man, woman and child – each year. Less than half of it is recycled. You can make a difference.		4.	
5. Turn it off! – A computer that is left on all day, every day uses nearly 1,000 kilowatts of electricity over a year, producing more than a tonne of carbon emissions and cost \$125. A computer that is switched off at the end of the day uses less than 250 kilowatts, at a cost of \$30 per year.		5.	
		6.	
6. Stem the flow – Compared with a standard showerhead, which might use 15 to 25 litres of water a minute, a water-efficient showerhead can use as little as six or seven litres – visit www.neco.com.au to order your showerhead.		7.	
7. Upgrading your home computer or mobile phone? Remember to recycle your old items, details of companies able to assist can be found on the links section of www.betruegreen.com		8.	
8. For eco-efficient and fully biodegradable food packaging, choose fresh fruit and vegetables.		9.	
9. Paper comprises up to 70 per cent of office waste, with 10,000 A4 sheets used for every Australian worker each year. That's equal to 10 million trees. Think twice before printing that next large document.		10.	
10. Have you found a way to contribute to a healthier planet? Email your tip to getstarted@betruegreen.com and we'll give you the credit.			

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