

## my top 10 things to help the environment

true green's top 10	done	my top 10	done
1. With mother's day on May 13, break with tradition from giving her a bunch of flowers – instead buy a beautiful indoor plant. It will last longer and act as a natural air filter at home or at work.		1.	
2. Help with your kids green education – visit our 'schools' section of betruegreen.com and see our list of suggested activities for pre-schoolers through to secondary students.		2.	
3. If you're a Sydney resident, be sure to mark May 31 in your diary. Go along to Sydney Writers' Festival to hear Kim and Jenny discuss ideas from <i>True Green</i> and take questions from the audience. For further information regarding times and the venue, visit <a href="http://www.swf.org.au">www.swf.org.au</a>		3.	
4. When next traveling on a plane either for business or pleasure, consider offsetting your travel by purchasing carbon credits.		4.	
5. With the threat of rising costs of fruit and vegetables, now is a perfect time to consider planting your own veggie patch. The Sustainable Gardening Australia website provides solutions on getting started, water conservation, pest and disease control visit <a href="http://www.sgaonline.org.au">www.sgaonline.org.au</a> for further information.		5.	
6. Do you want to green your home but don't know where to start? Call in the experts to arrange a green home assessment.		6.	
7. As temperatures start to cool, try to limit the use of heating appliances. Grab a blanket and get cosy on the couch.		7.	
8. The average Australian household produces 15 tonnes of greenhouse gases, uses 230,000 litres of water and creates 1.7 tonnes of landfill waste every year. Be different. Betruegreen.		8.	
9. Deal with those fallen autumn leaves and stay friends with your neighbours – grab a broom or rake to sweep away leaves opposed to leaf blowers or airblowers.		9.	
10. Prepare for winter – seal the cracks under doors, between windows and around floor vents to make the most of the energy you use.		10.	

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