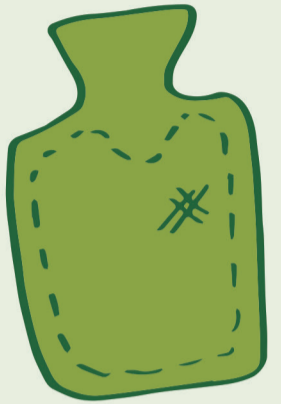


OUR TIPS FOR LIVING GREENER AND LESSENING OUR IMPACT ON THE PLANET

ENERGY

- Modem off at night
- Lights off when not in room
- Insulation
- Energy saving cycles
- Draft stoppers
- Pelmets
- Thick curtains
- No clothes dryer
- Hot water bottles
- No air con
- Boil kettle only once



WASTE

- Stainless steel coffee mugs and H₂O bottles
- Homemade cheese and ice cream
- Homemade crackers, muesli and bread
- Homemade Kombucha and orange juice
- Freezing old bananas for smoothies
- Using glass jars and bottles
- Shopping bulk bin/paper bags
- Rechargeable batteries
- Scrap paper for notes
- Takeaway containers
- Sodastream
- Shampoo bars
- Reusable bags
- Recycling
- Upcycling
- Avoiding



TRAVEL

- EV
- Walking
- Working at home
- Flying less
- Carpooling
- Offset any flights



BIODIVERSITY

- Vege garden
- Fruit trees
- Native plants
- Bird feeders
- Insect houses
- Skink habitats
- Whey on garden
- Less than 10% lawn
- Compost
- Chickens
- Cat sanctuary
- Greenhouse
- Rat traps
- Leaf litter



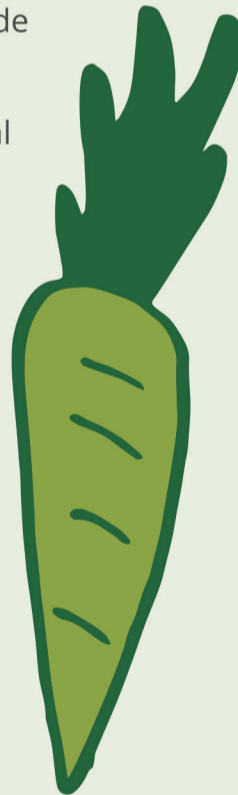
WATER

- Water tanks for garden
- Mulching garden
- Short showers
- Grey water on garden
- Flush poos, leave wees
- Washing machine & dishwasher on eco



CONSUMPTION

- Avoiding plastic
- Supporting local and Fairtrade
- Buying less
- Milk in glass bottles and local
- Natural fibre clothes
- Buying second hand
- Bulk bin
- Leftovers frozen
- Natural soap
- Unbleached napkins
- Natural dental floss
- Chopping own kindling
- Eating seasonal food
- Growing veges
- Avoiding food miles
- No palm oil
- Lobbying companies to change packaging



WELLBEING & HEALTH

- Growing and making food
- Mostly vegetarian and plant-based
- Making natural cleaners
- Homemade balms
- Favouring natural fibres
- No TV
- Beach walks
- Exercise
- FODMAPS
- Laughter
- Creativity



MORE WE WANT TO DO

- Make toothpaste
- Buy a citrus press
- Walk more
- Make more
- Wash less
- Solar panels



MONEY

- Ethical Kiwisaver
- Buying local, fairtrade, carbon zero
- Green dollar- swapping produce
- Ethical companies

