



Take a reality check

Climate friendly living checklist for your household

Encourage discussion, decisions and results together in your household to keep the following achievable and fun.



Climate friendly habits

Try assigning a household member to be in charge of each habit below and tick them off each week:

- Turn off all standby lights on electrical appliances after use or at the end of each day.
- Recycle plastic packaged items 1, 2 and 5 (and refuse items with other numbers), and all glass, paper and cardboard.
- Keep showers, baths and other water use to a minimum: for example, 4 minute showers.
- Make a conscious effort to use the car less, and walk, ride, car pool or take public transport.
- Recycle organic scraps (from fruit and vegetables) for worm farm, compost or bury it in the garden.
- Use a shopping list and bring your own bags to local markets and shops.
- Check your shopping is as environmentally friendly as possible. Where did it come from, how was it produced and how much energy was consumed?

Add in your own ideas here after you finish reading the guide.

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Small changes to make and tick off list



- Watch An Inconvenient Truth.
- Switch to 100 per cent accredited green power so renewable energy like solar and wind is used. Visit www.greenpower.gov.au or www.countryenergy.com.au/green, or ring 132 356.
- Change all regular light bulbs to compact fluorescent globes.
- Change regular shower head and taps to triple-A rated to save energy and water. Forster Tuncurry town water comes from the Bootawa Dam in Tinonee. Visit www.midcoastwater.com.au for water saving tips.
- Write to a politician about your views on climate change.
- Join or support a local group or event that cares for the environment or the community.
- Set up a compost system or start to grow your own food in your garden or in pots.

Add in your own changes here after you finish reading the guide.

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Bigger changes to really make a sustainable difference to your lifestyle



- Install a solar hot water system.
- Install a water tank.
- Install a grey water system.
- Install solar panels.
- Purchase a hybrid or highly fuel-efficient or smaller car.
- Insulate the ceiling in your home and put awnings and curtains in place.
- Establish a water-tolerant native garden with suitable fruit trees and a vegetable garden.

Add in your own big changes here after you finish reading the guide.

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