



Amy Huang's 'Top Ten' sustainable practices

I believe both individuals and businesses are responsible for environmental sustainability. Sometimes it feels both businesses and the government aren't doing enough to encourage individuals to follow. There are still ways we can show our support of a 'green' environment and leave a legacy of clean air future generations to breathe.

- **More efficient use of water** - Water doesn't clean/wash better on full blast. When washing the dishes or taking a shower, don't turn the tap on to full, turn it to enough to have running water (and not splashing water) and you'll be surprised how much water just that simple habit can save.
- **More efficient use of your garden** - Lots of vegies are easy to grow. Having some vegies (lettuce, tomatoes, herbs) in your garden gives you greens for dinner, saves you money at the grocers, which can lead to less plastic bags used, less rotting veggie in the fridge, a nice scent in your garden and less car trips to the shop.
- **Bring your own shopping bags** - Major super markets have brought out their green bags. Use them! Bring them every time you go shopping, not just at that particular store, but everywhere. Refuse bags even at fashion stores, jewellery stores etc. When grocery shopping, avoid getting a thin plastic bag for each vegetable you buy. Some things like Carrots don't really need their own bags. Work towards a plastic bag free environment!
- **One less car for the road** - If you live in an area with public transport, why not catch the bus, train or ferry? I know we all complain about public transport services, but here is the logic: the more people catching public transport, the more money they make, and the more improvements to services. If you live close enough to work, why not walk? That's one less car on the road and better health for you. Car pool with colleagues if you live outside these areas. One less car on the road, less pollution we make, more oil we save.
- **Turn off that stand by** - Our electronics at home have stand by options - with a click of a button, they come alive, but stand by also uses electricity. Overnight, they still are humming and burning carbon - turn the main power off, and it's just a matter of turning it back on when you need it. You would be surprised how much electricity you can save over time.
- **Not using it? Turn it off** - If you are not watching TV, then don't have it on. If you are leaving a room, turn the lights off. It's little actions like that that can save you a lot of power. Not to mention, reduce green house gases.
- **Use paper rather than plastic** - Having a party? Use paper plates and cups rather than plastic ones. They may not look as good, but they are degradable and better for the environment (and make sure they are unwaxed too).
- **Ask for electronic notices** - Banks and service companies can now send email versions of your bill and statements rather than sending you paper mail. Select this option and read your bills and statements online.
- **Pay more for green energy** - Why not sign up for green energy with your provider? It's usually only around \$12 more a month, and you are supporting the use of green energy development throughout the nation.
- **Refuse to purchase products that are made by unethical companies** - This may be a hard one, but if you know that a particular company produce their products in an unenvironmentally friendly method, then don't buy their products! They'll eventually get the message!

And on top of all that - show the larger entities that we care, and we want them to care, by being updated about the environmental movements of governments and enterprises. By keeping yourself in the loop you'll also come up with new ideas on what else we can do!