



101 Things You Can Do to reduce your ecological footprint

	Food	51	Keep your fridge & freezer maintained – replace bad seals
1	Grow your own food	52	Get rid of your second fridge if you can
2	Eat seasonal food	53	Replace washers on dripping taps
3	Avoid food miles, buy local and when possible organic	54	Boil only as much water as you'll use when making a cup of tea
4	Support Farmers Markets, local farmers and growers	55	Save energy when boiling water by putting a lid on the pot
5	Buy unpackaged fruit and vegetables	56	Avoid pre-heating your oven when possible (e.g. re-heating food)
6	Avoid highly processed foods	57	Use only hand pump spray cans
7	Buy food without additives or preservatives	58	Burn only dry firewood
8	Take your own basket or cloth bag to carry shopping	59	Find out where the goods you buy come from, support local
9	Avoid purchases which are over-packaged	60	Reject outdoor patio heaters
10	Buy bulk and use your own containers	61	Ensure your hot water boiler has a lagging jacket
11	Purchase goods in re-usable containers	62	Install a solar hot water heater
12	Volunteer to start a community garden	63	Use double burner wood burners
13	Support the return of milk bottles	64	Re-use paper and envelopes
14	Make your own jams, pickles and baby food	65	Avoid bleached and coloured tissues & toilet paper
15	Breast feed your baby	66	Phone first and avoid wasted shopping trips
16	Buy free-range eggs, avoid factory farmed produce	67	Save trees - re-use printer paper, print on the other side or make notepads
17	Give surplus food away to others	68	Make photocopies double-sided
	Household	69	Wash only full loads of laundry
18	Use the smallest and most energy efficient appliances you can	70	Use warm & cold settings in washing machine rather than hot
19	Make your kitchen a glad-wrap & alu-foil free zone	71	Use eco-bulbs for your lights
20	Do not use insinkerator (garbage disposers)	72	If you leave a room turn the lights and appliances off
21	Compost your food scraps and green waste	73	Use a hot water bottle instead of an electric blanket
22	Have a worm farm at home, or do Bokashi composting	74	Change your heated waterbed to a mattress
23	Recycle paper, cardboard, plastics, cans and glass		Transport
24	Use non-toxic, plant-based soaps and detergents	75	Inflate tyres to correct pressure & save fuel
25	Disregard fashion trends, buy for longevity	76	Conserve petrol by walking and cycling
26	Avoid one-use products like paper towels	77	Car pool when possible
27	Avoid Styrofoam cups, plates and packaging	78	Keep your car correctly tuned
28	Avoid disposable cups, plates & utensils unless made from renewables like potato starch	79	Drive the smallest and most fuel efficient car you can
29	Use cloth nappies	80	Drive economically
30	Recycle clothes and shoes	81	Use public transport
31	Support op shops		General
32	Avoid clothes dryers - hang your clothes on the line to dry	82	Plant trees
33	Ensure your home is well insulated	83	Volunteer to maintain parks & beaches
34	Turn down your hot water heater	84	Support conservation programmes
35	Take shorter showers, save water	85	Explore and learn about your bio-region
36	Change showerheads to low-flow	86	Practice preventative health care
37	Take showers rather than baths	87	Oppose nuclear power
38	Turn off water when brushing teeth	88	Support ecologically sound products
39	Keep blinds and curtains closed on cold nights	89	Avoid toxic materials in your home
40	Use rechargeable batteries	90	Don't waste
41	Turn off lights when not in use	91	Teach children ecological wisdom & sustainability
42	Learn where energy for your home comes from	92	Become involved in community projects
43	Learn where your sewage goes	93	Be an active voter
44	Discover your water catchment and work to protect it	94	Attend Council meetings
45	Turn appliances off at the wall when not in use (incl. TV, computers & printers) - avoid standby	95	Vote for people who understand and promote sustainability
46	Unplug rechargeable devices when not in use	96	Watch less TV and increase creative learning
47	Mend and repair rather than discard and replace	97	Take responsibility for your actions
48	Install dual flush toilets	98	Think globally – act locally
49	Use non-toxic pest control	99	Copy this and share it with others
50	Match pot sizes to hob (ring) sizes on your stove	100	Discuss and compare notes with your friends on reducing your ecological footprint
		101	Start your own list.....