



# WAYS TO SAVE THE PLANET



Simple things you can  
do everyday to save  
the environment for  
our future



# AT HOME



## AVOID WASTE:

- ✓ Compost yard waste and vegetable scraps. Ring the Composting Hotline: 0800 COMPOST or 0800 266 7678
- ✓ Store and dispose of household cleaners carefully
- ✓ Give unwanted clothing and household products to 'op' shops or school fairs
- ✓ Recycle paper, plastic, cans and glass
- ✓ Write to mail order companies to get yourself off any unwanted mailing lists
- ✓ Reuse scrap paper and envelopes - you can buy sticky labels which cover old addresses from places like Greenpeace or Trade Aid
- ✓ Use reusable containers instead of plastic wrap for freezing things
- ✓ Put a 'NO JUNK MAIL' sticker on your letter box
- ✓ Write to manufacturers who over package their products to encourage them to stop
- ✓ Use paper wrap or paper bags for lunches - they can be reused

## CONSERVE WATER:

- ✓ Have a shower instead of a bath
- ✓ Install a low flow shower head
- ✓ Repair dripping taps
- ✓ Put the plug into the sink when washing vegetables or hands
- ✓ Install a "gismo" in your toilet
- ✓ Monitor water use by keeping an eye on your water meter





## SAVE ENERGY

- ✓ Check your hot water thermostat - turn it down to 50 - 55 °C
- ✓ Weatherproof your house to reduce leaks around doors and windows
- ✓ Put insulation in your ceiling and around your hot water cylinder
- ✓ Turn off any unnecessary lights
- ✓ Use the microwave - it's more energy efficient than an oven
- ✓ Wear warm clothes at home to reduce the need for heating
- ✓ Draw curtains at night to reduce heat loss

## OTHER:

- ✓ Plant a tree to absorb CO<sub>2</sub>
- ✓ Learn about 'companion planting' to reduce the need for sprays or pesticides in your garden
- ✓ Grow your own vegetables

## SHOP WISELY

### AVOID PACKAGING:

- ✓ When choosing between two similar products choose the one with the least packaging
- ✓ When buying vegetables think about whether it is necessary to buy them in pre-packaged containers - remember they don't always have to go into a bag!
- ✓ Say NO to over packaging, double wrapping or to excess bags
- ✓ Take your own bag
- ✓ Check out options for buying in bulk or for products that are in concentrated form to reduce packaging



## SHOP TOXIC FREE:

- ✓ Materials to be avoided: Hazardous products contain materials which are corrosive, ignitable, reactive or toxic. Common examples are paint, solvent, cleaners, batteries or oil
- ✓ Reduce the use of toxic products by:
- ✓ Only buying what you need - less is best
- ✓ Using environmentally friendly substitutes like vinegar and baking soda for cleaning (1 tablespoon of vinegar to 1 pint of water for cleaning windows)
- ✓ Using re-chargeable batteries
- ✓ Buying recycled oil - ask about oil recycling at your local garage

## SHOW THAT YOU CARE:

- ✓ Support shops who support the environment. - look for the Clean Retail logo
- ✓ Ask your local shops what they are doing to save the planet
- ✓ Buy products that are designed to be used more than once; a china mug or cup or cloth napkins
- ✓ Buy high quality products which can be repaired, rather than disposable ones
- ✓ Reuse bags, containers and other items
- ✓ Borrow, rent or share items - like magazines and newspapers - with friends or neighbours
- ✓ Sell or donate things instead of throwing them out
- ✓ Buy products that are recyclable or made from recycled materials





# AT WORK

## BE PROACTIVE:

- ✓ Ask whether your company has an environmental policy
- ✓ Start up an environmental programme to look for ways to improve your companies environmental performance.
- ✓ Start up a recycling system
- ✓ Contact Waitakere City's Cleaner Production Co ordinator for more information

## REDUCE WASTE:

- ✓ Reuse any scrap paper for writing notes
- ✓ Keep a box by your desk to collect used paper
- ✓ Learn how to use your computer to store or retrieve information so you don't have to print everything in hard copy
- ✓ If you have E-mail at work use it - it saves paper!
- ✓ Use refillable pens
- ✓ Bring your own mug and make sure your canteen uses reusable cutlery and crockery

## LOOK AFTER YOUR HEALTH AND THE ENVIRONMENT:

- ✓ Use public transport or car pool to work
- ✓ Use Environmentally friendly products - solvent free alternatives are available for Twink, marker-pens & paint



# ALWAYS

## THINK BEFORE YOU ACT:

These are just some ways to save the planet, use your common sense and think before you act

## TAKE RESPONSIBILITY:

You are responsible for your actions  
You can make a difference today - you owe it to future generations

## MAKE INFORMED DECISIONS:

Phone the following organisations for information:  
Waitakere City Actionline: 836 8045  
ARC Wasteline: 366 2070

## FINALLY HAVE FUN...



**Waitakere City Council**  
*Te Tatao o Waitakere*

For more information contact  
**Cleaner Production**  
Tel: 839 0400

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