



TIPS FOR LIVING WITH LESS PLASTIC

BRING YOUR OWN SHOPPING BAG

CARRY A REUSABLE WATER BOTTLE

BRING YOUR OWN CUP

PACK YOUR LUNCH IN REUSABLE CONTAINERS

SAY NO TO DISPOSABLE STRAWS AND CUTLERY

SKIP THE PASTIC PRODUCE BAGS

SLOW DOWN AND DINE IN

STORE LEFTOVERS IN GLASS JARS

SHARE THESE TIPS WITH YOUR COUNCIL

WAYS TO CONSERVE WATER

1. **TURN OFF THE TAPS** – Don't let water consumption run out of control. Save 6 litres of water a minute by turning off your tap while you brush your teeth. **Fix leaky taps too** – and stop what could be 60 litres of water going straight down the drain every week.
2. **BOIL WHAT YOU NEED** – Save water, money and energy by only boiling as many cups of water as you need.
3. **SHOWER WITH LESS** – Every minute you spend in the shower uses up to 17 litres of water. Set a timer on your phone to keep your showers short. Switching to an efficient shower head will allow you to lather up in less water, which means you'll save water and cut your bills.
4. **SAVE UP YOUR DIRTY CLOTHES** – Washing a full machine load of clothes uses less water and energy than 2 half-loads. This also means lower bills.
5. **GET A LOW-FLUSH TOILET** – The average household flushes approximately 5,000 times a year. Modern dual-flush systems save huge amount of water. They use just 6 litres, or 4 with a reduced flush, much less than the 13 litres for each old-style single flush. If you can't invest in a new toilet, fill a 2 litre bottle with water and place it in the back of the tank.
6. **STEAM YOUR VEGGIES** – Steam your food to cut water usage and retain more of the natural nutrients. If you do boil, try using the leftover water as a tasty stock for soups. Or let it cool and use it to water plants.
7. **REDUCE FOOD WASTE** – It takes a lot of water to produce our cereal, fruit and other foods. More than half of what we throw away could be eaten. Wasting less food also saves you money.
8. **TIME YOUR GARDENING** – Water outdoor plants in the early morning, or at the end of the day to stop water immediately evaporating in sunlight and heat. Water the soil so that the liquid goes straight to the roots, where it's needed.
9. **CATCH RAINWATER** – Collecting rainwater for home and landscaping is a great way to save money and conserve water. Use a barrel to collect the rainwater from the eavestroughs.
10. **NO MORE WASHING UP** – Have a dishwasher? Fill it completely each time you run it, and you'll use less water than you would doing the dishes by hand.
11. **BE PLUMBING PREPARED** – Regularly check your kitchen pipes and the dishwasher hose for slow leaks.