

# Top 10 Eco Tips

Effective and easy things families can do to reduce their carbon footprint at home.

## 1. Switch to an energy provider that supports new renewable energy

In our area 56% of emissions come from electricity.\* By [switching to a provider like Diamond Energy](#) you are drawing your power from renewable energy sources instead of from a coal-fired plant.

You might even [consider putting solar on your roof](#) with local not-for-profit Zero Emission Sydney North to cut your electricity bill and your emissions.

## 2. Upgrade your light bulbs to LEDs

They're 75% more energy efficient than incandescent or halogen and they last 25% longer.

## 3. Choose active transport

Transport accounts for 30% of our local emissions.\* Public school students live an average of 1.2k from their school, which is easy walking distance, even for the littlest legs. Other forms of active transport are biking and scooting.

## 4. Start a worm farm or compost

Methane, which is emitted as waste breaks down in landfill, is 28 times more damaging to the environment than CO<sub>2</sub>. Worm farms and composting reduce the waste that gets to landfill. Mosman Council offers residents up to 80% [discount on a compost bin, worm farm or bokashi bin](#).

## 5. Eat less meat

Think about vegemite, peanut butter, celery, carrot sticks, humous and avocados for the lunchbox. At home, aim for at least one meat-free meal per week. Forgoing just half a kilo of beef is the same as taking one car off the road. And it takes 1,900 litres of water to grow half a kilo of chicken meat.

## 6. Reduce waste and avoid single use plastics

- Woolworths supermarkets have [soft plastic recycling bins](#).
- Bring bread bags, reusable shopping bags and bring your old glass jars to SCOOP or Naked Foods for package free staples.
- Bring your own coffee cup for take away and say no to plastic straws!
- Pack nude lunches in bento boxes for your kids.

## 7. Start a veggie/native garden or plant a tree

Growing plants educates kids on where their food comes from, how to eat seasonal produce and how trees improve air quality by absorbing air pollutants. Plant bee and butterfly friendly gardens with bright flowers to nurture these amazing pollinators. Prefer natives that are water hardy and low maintenance.

## 8. Buy local or Australian made

Shopping at your local farmer's market is a great way to eat what's in season and avoid imported goods which travel many miles to get here. The produce is fresher and you're supporting Australian farmers and manufacturers.

## 9. Install water efficient shower heads and conserve water

Take short showers. Turn of the tap while brushing your teeth. Consider installing a water tank for your garden.

## 10. Switch your browser to Ecosia

Make [Ecosia](#) your new search engine  
For every 45 searches they plant a tree.