



AUSTRALIAN
CONSERVATION
FOUNDATION



GreenHome

ACTION FOR A BETTER WORLD

The GreenHome Guide

VICTORIA EDITION



Join the GreenHome Challenge now: www.acfonline.org.au/greenhome

GreenHome

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WATER

CITY WEST WATER

Phone: 13 1691
www.citywestwater.com.au

DEPARTMENT OF SUSTAINABILITY AND ENVIRONMENT

Our Water Our Future
Phone: 136 186
www.ourwater.vic.gov.au

GREEN PLUMBERS

Toll Free: 1800 133 871
www.greenplumbers.com.au

MELBOURNE WATER

Phone: 13 20 92
www.melbournewater.com.au

SAVE WATER AUSTRALIA

www.savewater.com.au

SOUTH EAST WATER

Phone: 03 9552 3000
www.southeastwater.com.au

WATERMARK AUSTRALIA

1st Floor, 388 Bourke St Melbourne 3000
Phone: 03 9642 0422
www.watermarkaustralia.org.au/home.asp

YARRA VALLEY WATER

Phone: 131 721
www.yvw.com.au

YOUR HOME – AUSTRALIAN GREENHOUSE OFFICE

(Commonwealth Government) Water Section
www.greenhouse.gov.au/yourhome/technical/fs20.htm

WASTE

CLOSE THE LOOP (Toner cartridge recycler)

208 Hume Highway, Somerton, VIC, 3062
Ph: 03 9930 8600
www.closesthe-loop.com.au

COMPUTERBANK VICTORIA

483 Victoria St, West Melbourne 3003
Ph: 03 9600 9161
vic.computerbank.org.au/

EPA VICTORIA

<http://www.epa.vic.gov.au/Waste/>

ECORECYCLE VICTORIA

Toll Free: 1800 353 233
www.ecorecycle.sustainability.vic.gov.au

GREEN COLLECT

Level 7, Central House 174 Collins St Melbourne
Ph: 03 9663 8843
www.greencollect.org/

GREEN PC

375 Johnson St Abbotsford 3067, Ph: 9418 7400
<https://greenpc.infoxchange.net.au/shopcart/browse.chtml>

ENERGY

SUSTAINABLE ENERGY AUTHORITY VICTORIA

Ph: 1300 363 744
www.seav.sustainability.vic.gov.au/index_seav.asp

GREEN POWER

Phone: 136 206
www.greenpower.com.au/

FOOD AND GARDENS

AUSTRALIAN BOTANIC GARDENS

www.anbg.gov.au/gnp/index.html

THE AUSTRALIAN CITY FARMS AND COMMUNITY GARDENS NETWORK

www.communitygarden.org.au/

AUSTRALIAN COMMUNITY FOODS

www.communityfoods.org.au

AUSTRALIAN FARMERS' MARKET ASSOCIATION DIRECTORY OF VICTORIAN FARMERS' MARKETS:

www.farmersmarkets.org.au/finder/vic.jsp

CERES COMMUNITY ENVIRONMENT PARK

8 Lee St, Brunswick East 3057
Phone: 03 9387 2609
www.ceres.org.au/

GREEN HARVEST ORGANIC GARDENING SUPPLIES

Phone: 1800 68 10 14
www.greenharvest.com.au/

ORGANIC FUTURE WEBSITE DIRECTORY OF VICTORIAN ORGANIC RETAILERS:

www.organicfuture.org/directory/vic.html

SUSTAINABLE GARDENING AUSTRALIA

Phone: 03 9850 8165
www.sgaonline.org.au/

TRANSPORT

BICYCLE VICTORIA

Phone: 03 8636 8888
Country callers phone: 1800 639 634
www.bv.com.au

FLO CARSHARE

Ph: 1300 36 37 80
www.flo.net.au/index.htm

GOGET CARSHARE

Ph: 03 8807 1440
www.goget.com.au

METLINK (PUBLIC TRANSPORT INFO)

Phone: 131 638
www.metlinkmelbourne.com.au

TRAVELSMART

www.travelsmart.vic.gov.au

GREEN CLEANING AND GREEN SHOPPING

ECO-SHOUT GREEN DIRECTORY

Eco-Shout is a new Melbourne-based environment portal
www.eco-shout.org.au/green_directory.htm

SUSTAINABLE LIVING DIRECTORY

From the Sustainable Living Foundation – a directory of environmentally friendly products and services
www.slf.org.au/directory/

SHIVER ME TIMBERS

Recycled timber supplier
Showroom Address:
217 Kororoit Creek Rd
Williamstown 3016 Australia
www.shivermetimbers.com.au

***NOTE:** Sustainable Energy Authority Vic and EcoRecycle Vic have combined to form Sustainability Victoria:
www.sustainability.vic.gov.au

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AUSTRALIAN CONSERVATION FOUNDATION

The Australian Conservation Foundation (ACF) is committed to inspiring people to achieve a healthy environment for all Australians. For 40 years we have been a strong voice for the environment, promoting solutions through research, consultation, education and partnerships. We work with the community, business and government to protect, restore and sustain our environment.

ACF is Australia's leading national not-for profit environment organisation and is funded almost entirely by individual membership and donations. Since 1966, we have focussed on the most important and urgent environmental problems, seeking change with lasting political, economic and social support. ACF has played a key role in increasing protection for some of Australia's most outstanding natural assets including the Franklin River, Kakadu, the Daintree Rainforest and the Great Barrier Reef

Support for ACF's conservation work will help ensure that future generations enjoy clean air and water, sustainable cities, healthy rivers and forests, unspoiled oceans, vibrant Indigenous cultures and protection for our unique places, animals and plants

ACF's GreenHome program works with the community to find individual and collective solutions to environment issues, including Energy, Transport and Climate Change; Water Conservation; Waste, Recycling and Buying Green; Native Gardens and Growing Food in an urban setting.

GreenHome involves a series of community workshops and events focusing on what people can do in their own lives to help the environment. This includes both environmental actions at home and in our lifestyles, as well as looking at how our homes and communities fit into the bigger picture and what the solutions are at a local, state and national level.

You can also participate by joining our online GreenHome Challenge – go to www.acfonline.org.au/greenome and get involved!

This guide book has been produced to help you take action at home. Why not tell your friends about it and make the changes together – see who can save the most energy, water or waste! Join the multitude of people around Australia who care enough about the environment to take action for a better world.



GreenHome

ACTION FOR A BETTER WORLD

GreenHome

action for a better world.

A better world?

WHAT'S WRONG WITH THE ONE WE'VE GOT?

Australia's natural environment is unique in the world. We Aussies are spoilt living in this country of incredible natural beauty, diversity and rich abundance of animals, plants and landscapes. It's not just about National Parks and beautiful places we visit on holidays or the weekend either. Four out of every five Australians live within 50km of the coast so we know first hand the importance to this country of healthy waterways. Without a healthy environment to provide us with clean air, water and food, our lives would be very different – and those of our children and grandchildren. But how many of us make the link between the things we value and the choices we make on a daily basis? Do we relate the importance of healthy rivers to our decision to take another plastic bag at the shops?

WHY SHOULD I TAKE ACTION?

Everyone can do their bit to reduce their individual impact. GreenHome is about helping people help the environment by making simple changes to the way they live. Through this program we hope that you will identify some ways to green your home and lifestyle. You will also meet other members of your local community who are doing similar things, by swapping stories and ideas you can take the GreenHome message beyond your front door.

We'll help you identify the simple things that you can do:

- Save energy and fuel to help reduce air pollution and the greenhouse effect.
- Save water to help protect our fragile waterways.
- Cut down on waste to help us minimise landfills.
- Shop wisely to reduce toxic chemicals in our homes and environment.
- Create native gardens to increase local biodiversity and save water.
- Create veggie gardens to grow your own healthy food.

Working with many other people in your area - and people across Australia – together we can make a difference.

HOW DOES GREENHOME WORK?

Whether you are participating in one of our workshop programs, via our web site or using this booklet at home, we will take you through the six topics in this GreenHome guide. As a participant, you will have the chance to learn about what you can do at home, talk about your experiences, ask questions of experts and explore new ideas. As the program progresses, you may find there are other things you are interested in doing such as getting involved in a community garden or lobbying your local parliamentarian for safer bike paths. GreenHome will help you take whichever steps are right for you as we all take action for a better world.

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GreenHome...

saving water

Saving water starts at your front door

“OVER RECENT YEARS IT HAS BECOME INCREASINGLY CLEAR THAT OUR CURRENT WATER USE IS NOT SUSTAINABLE. OUR RAINFALL IS BECOMING LESS RELIABLE AND, AS WE EXPERIENCE OUR EIGHTH YEAR OF DROUGHT, VICTORIANS UNDERSTAND THAT WE NEED TO CHANGE THE WAY WE USE AND VALUE WATER SO WE PROTECT OUR SUPPLIES FOR FUTURE GENERATIONS.”

The Hon John Thwaites, Minister for Water, Government of Victoria.

The average Victorian household uses 247 kilolitres of water a year:



SO WHY ARE WE RUNNING OUT OF WATER?

Melbourne's reservoirs are currently at just under 60% full (December 2005). This level is better than the water supply in other states (Perth's dams were at 38% capacity in September 2005, for example), however Victorians cannot afford to become complacent about water. Melbourne is in its eighth consecutive year of drought, despite its reputation as Australia's rainiest city. Melbourne has more rainy days than Sydney but, with an average of 655 millimetres of rain a year (compared to Sydney's 1107 millimetres), Melbourne has about 40% less overall rain annually. And the situation is far worse for rural Victorians.

Rainfall has been declining in various places along the east coast of Australia over the past few years. For a graph showing which locations have seen the lowest rainfall on record (in 2002-03), see the Australian Bureau of Statistics. The greatest decline can be seen across Victoria.

Permanent water saving measures were put in place in Melbourne in March 2005, as the government recognises that we must all reduce our water use if we are to maintain a sustainable supply of water into the future.

WATER USE IN VICTORIA

Metropolitan Melbourne consumes around 500GL of water each year – this is around 250,000 Olympic size swimming pools worth of water. On average, each Victorian household uses 247,000 litres per year. The bucket on the left shows how water is used in the typical home.

GreenHome Household Water Saving Log

This log will help you track your water savings, here's an example to get you started:

Activity	Litres	How many times per week now?	How many times per week after Action?	How many litres do you use per week?	Tick what you will change this year	Tick when you make the change (and celebrate!)	Litres saved each week
Clothes washing							
Full load with top loading machine	120	3		360			
Full load with front loading machine	50		2	100			
Action: Change to front loader					✓	✓	260
Action: Only wash with a full load					✓	✓	

Activity	Litres	How many times per week now?	How many times per week after Action?	How many litres do you use per week?	Tick what you will change this year	Tick when you make the change (and celebrate!)	Litres saved each week
Shower – old style head	25 per min						
Long (7 minutes)	175						
Short (3 minutes)	75						
Shower – AAA head	7 per min						
Long (7 minutes)	49						
Short (3 minutes)	21						
Take Action: Change shower head							
Take Action: Take shorter showers							

Activity	Litres	How many times per week now?	How many times per week after Action?	How many litres do you use per week?	Tick what you will change this year	Tick when you make the change (and celebrate!)	Litres saved each week
Toilet							
Full flush	11						
Dual flush - Full flush	6						
Dual flush - Half flush	3						
Take Action: Change flush volume							
Take Action: Always choose half flush							

Activity	Litres	How many times per week now?	How many times per week after Action?	How many litres do you use per week?	Tick what you will change this year	Tick when you make the change (and celebrate!)	Litres saved each week
Hand basin & Kitchen							
Washing hands	9						
Brushing teeth with tap running	15						
Washing dishes	18						
Dishwasher	15						
Washing vegetables	10 per min						
Take Action: Install tap aerator	Cut use in half						
Take Action: Cup for brushing teeth	> 1						
Take Action: Wash hands less often							

Activity	Litres	How many times per week now?	How many times per week after Action?	How many litres do you use per week?	Tick what you will change this year	Tick when you make the change (and celebrate!)	Litres saved each week
Clothes washing							
Full load with top loading machine	120						
Full load with front loading machine	50						
Take Action: Change to front loader							
Take Action: Only wash with a full load							

Activity	Litres	How many times per week now?	How many times per week after Action?	How many litres do you use per week?	Tick what you will change this year	Tick when you make the change (and celebrate!)	Litres saved each week
Outside							
Washing car with hose	17 per min						
Watering garden with sprinkler	17 per min						
Take Action: Wash car with bucket							
Take Action: Wash car less often							
Take Action: Mulch garden	Cut watering by 70%						

TOTAL:							
---------------	--	--	--	--	--	--	--

GreenHome's

top five water-saving tips

1. Mulch your garden and save mega-litres!

An average Victorian home uses 86 000 litres of water a year outdoors, mostly on the garden. Lots of this ends up evaporating and being wasted.

Mulch your garden and cut water waste by 70%-mulch protects your watered garden from evaporation by holding water in the soil. Mulching is great for lots of reasons: you will weed your garden less, add nutrients to the soil AND save water. Make mulch from leaves, grass clippings, newspapers, bark, wood, straw or just about any other organic matter. You can also buy mulch from most nurseries and garden suppliers. Just spread it over all exposed soil and around your plants. If you use garden waste or old newspapers, mulch is free and will save you up to \$50 per year on your water bill.



GREENHOME FACT:

You will also reduce the amount of water lost through evaporation by watering early in the morning or in the evening.

2. Don't be a drip!

A dripping tap wastes more than 20,000 litres of water a year and a leaky toilet can be a huge waster of water too. From 4,000 litres for a slow leak to 96,000 litres (that's \$60 down the drain every year) for a constantly hissing toilet.

Replacing a tap washer is a straightforward process, all you need is a tap spanner and the replacement washer. When you do this, just remember to turn the water off at the mains first or you could end up wasting a lot of water! Check your toilet for leaks by putting a few drops of food dye in the cistern. Don't flush for 30 minutes then check for colour in the bowl. If there's colour there, you have a leak. When it comes to the leaky toilet, fixing it can be a bit more tricky so contact a licensed plumber if you're not confident. If you want to give it a go yourself, take the parts that need replacing to your local hardware store or plumbing retail outlet and ask for assistance. Remember to repeat the food colouring test to make sure you have fixed the leak.



GREENHOME FACT:

Save between 30 -200 litres of water a year by turning your taps off properly.

Save \$60 on your water bill by fixing your leaking toilet (save nearly 100 000 litres of water too!)

GreenHome's

top five water-saving tips

3. Put in Dual-Flush Toilets



THE SAVINGS ARE HUGE!

Single-flush toilets use loads of water: **38,000 litres a year on average. It's easy to cut this number in half (or better).**

Install a dual flush toilet and try to always use the half-flush.

A half flush uses 3 litres, full flush 6. Both are less than a standard cistern which uses 11 litres per flush. So with a dual flush you can get four half flushes for the same amount of water as an old single flush.

Choose a dual flush toilet with at least AAA rating and get a licensed plumber to install it for you so you can be sure there are no leaks.

OR lift the cistern lid of your single flush toilet, place bricks or water-filled PET bottles inside. Three x 2 litre bottles will reduce your single flush to 5 litres – less than half what it was!!

OR you can install a flush regulator - a cheap device you insert in the cistern which allows you to flush for as long as you press the button.

Save up to 20,000 litres per year, that's \$200 off your water bill.

4. Short, efficient showers



GREENHOME FACT:

You'll also save money on your water heating bill with a AAA showerhead.

Time yourself – a shorter shower with a AAA showerhead will save even more!

More than a quarter of the 247 kL of water used each year by the average Victorian household is being used in the bathroom. **64,220 litres of water used each year in the average Victorian bathroom – that's a lot of showers!**

AAA rated showerheads use 7-9 litres per minute, while standard ones use 15-30.

You can buy a AAA showerhead from as little as \$15. You'll save between 50 000 - 100 000 litres and up to \$1000 on your water bill each year. You will also save on your energy bills from all the hot water saved.

But even with an efficient showerhead short showers are the answer (you can still use a lot of water standing under an efficient showerhead for 30 minutes!)

SAVE BUCKETLOADS OF WATER!

GreenHome's

top five water-saving tips

5. Aerating taps cut wasted water in half

Washing your hands or rinsing veggies uses up to 20 litres a time, tap aerators will cut this to 10 litres or less.

Aerated taps in the kitchen and bathroom reduce flow without losing water pressure.

You can buy tap aerators from hardware and plumbing shops, they don't cost more than a few dollars and are easy to install yourself. Just unscrew your old tap and replace it.



YOU'LL SPEND LESS THAN \$5 per TAP AND CUT YOUR TAP FLOW BY 50%

DID YOU KNOW?

Permanent water restrictions are in place in Melbourne.

The five key Permanent Water Saving Rules are:

- Use manual watering systems only between 8 pm and 10 am
- Use automatic watering systems only between 10 pm and 10 am
- Fit your hose with a trigger nozzle
- No hosing paved areas
- Apply to fill a new pool.

This information is correct as at December 2005

Check www.ourwater.vic.gov.au for Melbourne's Permanent Water Saving Rules.

REUSING GREYWATER RAINWATER TANKS

Another way to reduce your use

Greywater is the domestic wastewater produced in your bathroom, laundry and kitchen, such as water from the shower, washing machine and kitchen sink. Toilet wastewater is classified as blackwater and must be connected to a sewer or a treatment system. The wide-scale capture and reuse of greywater has the potential to save millions of litres of water, easing the strain on our water supplies and alleviating the need to build new dams. Greywater systems need to be well set up and maintained to ensure that they do not have any negative effects on the environment or human health.

SYSTEM TYPES

There are three broad categories of greywater systems. From least to most complex these classifications are: diversion only, diversion with filtration and diversion with treatment.

- Diversion only systems are the simplest but as they do not include any kind of filtration also carry the greatest risk.
- Diversion-with-filtration systems are also simple but include a filter that requires regular cleaning.
- Diversion and treatment are more complex and vary from highly mechanised systems to sand filters.

In Victoria all diversion systems, whether treated or untreated, are subject to various permit requirements. All systems require an 'approval to operate' from your local council and greywater treatment systems also need 'installation approval' from the local council. However, with the recent drought and water restrictions, untreated greywater can be applied manually to lawns and gardens (ie: using a bucket to collect water from the bath, sink or basin) in Victoria without a permit. This is only applicable during the current water restrictions.

WHERE CAN YOU USE GREYWATER?

Ornamental plants, lawns and indigenous plants are well suited to greywater dosing. Care should be taken with prized plants, as regular and continuous watering with untreated greywater that contains sodium salts and other chemicals may damage sensitive plants.

Vegetable gardens are a little trickier to irrigate with untreated greywater. Although the plants can utilise the nutrients present in greywater, pathogens are also likely to be present. Never use greywater to irrigate vegetables that you are going to eat raw.

The greywater choices available to you are many and will vary with each household. This is part of the reason why the market for greywater systems has taken some time to develop and regulators are still reluctant to accept them. With time, more greywater reuse on individual and subdivision levels will occur to address our water shortages.

This information has been taken from the Jan-March 2005 edition of ReNew, published by the Alternative Technology Association -Promoting renewable energy, sustainable building and water conservation since 1980.
www.ata.org.au

Harvest the water that falls on your home

Using rainwater can save large amounts of water. The easiest way is to use it in the garden, which accounts for 25 to 50% of domestic water use. Using rainwater in the garden requires a relatively simple system. Further savings can be made when rainwater is used for toilet flushing (about 20% of domestic water use), as well as in the laundry, kitchen and bathroom. It can also be used in pools, and for washing cars. In some situations (as in some rural areas) it is possible to use rainwater for all domestic uses, and not draw upon the mains supply.

ISSUES ASSOCIATED WITH RAINWATER USE

There are some important factors that effect the quality of rainwater, which may also become health issues:

- Contamination from pollutants found in roof and pipe materials.
- Contamination from bird droppings, local pollution, and organic material collected on the roof.
- Breeding of mosquitoes in the water supply.

The quality of water you need to maintain will depend on its use. However, water from rooftops that contain harmful chemicals should not be used for any purpose. Obviously, drinking water will have to meet the standards set by health authorities.

These quality issues can be overcome if you use approved products and techniques. Tanks and other equipment must meet the required standards, and state health authorities will approve most reputable manufacturers and installers.

WHY USE RAINWATER?

Using rainwater can reduce your water bills, as rainwater is free.

Collecting rainwater allows you to be prepared for times of low rainfall, so you can still maintain your garden, especially if there are water restrictions in your area.

It reduces the load on stormwater systems, as roof runoff is not flushed into the drains.

Using rainwater reduces the need to build more water storage dams, which may have to be situated in environmentally sensitive areas.

This information is taken from the water saving website:
www.savewater.com.au

WATER REBATES

The Department of Sustainability and Environment offers rebates from \$10 to \$500 for purchasing various water-saving devices and services, such as greywater systems, dual-flush toilets and rainwater tanks. See rebates at: www.ourwater.vic.gov.au or phone 136 186

GreenHome's

workshop note page

GreenHome...

reducing waste

Reducing Waste starts at your front door

WHAT RUBBISH DO WE THROW OUT?

WHAT'S THE PROBLEM WITH WASTE?

On average, an Australian household will produce around 980 kilograms of waste per year – and that doesn't include industrial, building and commercial wastes produced outside the home. The majority of this waste ends up in landfill or as litter.

This huge pile of rubbish fills up our landfills and is a big waste of precious resources. But there's a solution - we can all do our bit to cut down on waste

WHAT CAN I DO?

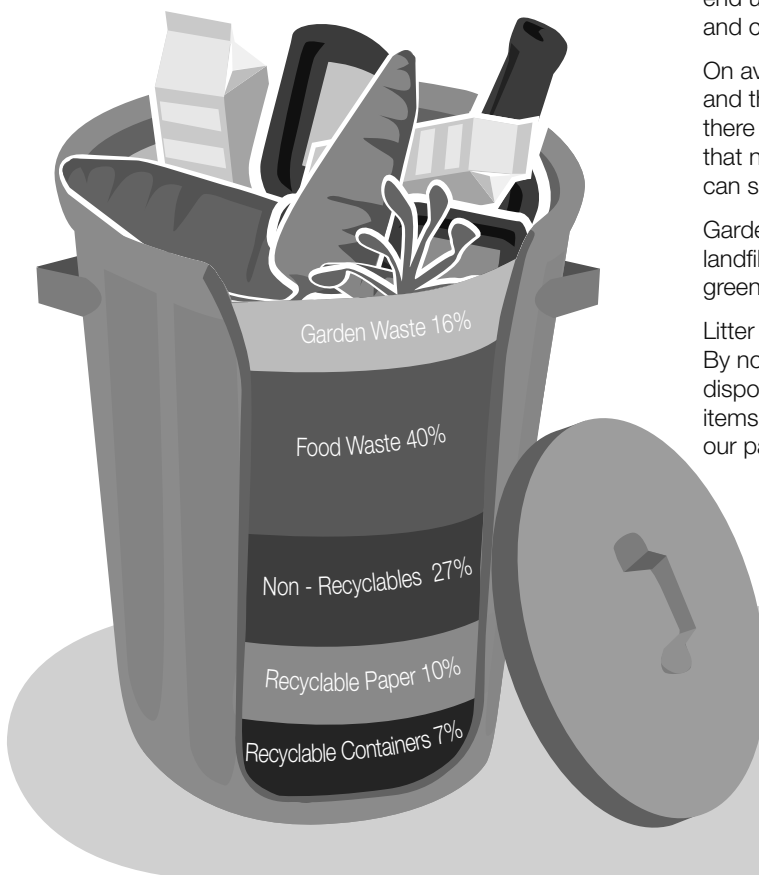
The picture here shows the estimated breakdown of the landfill rubbish bin from an average Australian household. By taking a few simple actions and shopping carefully you could cut your waste by up to 80%.

As you can see, some recyclable paper and containers still end up in landfill so it's important to find out what's recyclable and carefully separate them out.

On average about one third of municipal waste is recycled and this is improving all the time. For example, in Australia there are strong cardboard and paper recycling markets so that now 70% of cardboard gets collected and recycled. You can support these industries by buying recycled products.

Garden waste is another component that should not go to landfill - put it on your garden as mulch or utilise the council green waste collection.

Litter is another problem that we can all do something about. By not using plastic bags and excessive packaging, and by disposing of cigarette butts, dog poo and other common litter items carefully we can reduce the risk of litter ending up in our parks, rivers and beaches.



How to reduce waste at home:

Action	Benefit to the Environment	Tick if you already do this	Tick once you make this change
Compost/worm farm your food scraps	Will reduce your waste to landfill by 40% - that's 392kg of waste saved per year		
Be a best practice recycler – recycle all paper and recyclable containers	Will reduce your waste to landfill by up to 20% - that's 196kg of waste saved per year		
Reuse garden waste as mulch or send it to the council green waste collection	Reduce your waste by 16% - that's 157kg of waste saved per year		
Avoid packaging when shopping	Reduce used packaging going in your landfill or recycling bins by up to 245kg per year		
Take your own reusable bag to the supermarket, take-away shop or grocers	Save 360 plastic bags per year going to landfill or litter		
Use a No Junk Mail sticker	Save 1000 pieces of mail per year from waste		
Take old household goods (clothes, toys, books etc) to a second-hand or reuse shop	Save around 100 kg of waste going to landfill each year		

GreenHome's

top five waste-saving tips

1. Composting and Worm Farming

On average 40% of rubbish sent to landfill is food waste.

If this was all composted or put in a worm farm, there would be massive reductions in landfill and greenhouse emissions. Food and garden waste in landfill produces methane gas. Methane is a 23 times more potent greenhouse gas than carbon dioxide. Sending green waste to landfill is also a waste of good nutrients that could go on the garden or potplants to help them grow.

The easiest way to deal with food waste is to set up a worm farm or a compost heap at your home. And you don't need a big garden to do this - apartment dwellers can set up small worm farms on a balcony or a communal compost heap on the ground.

Most food scraps (but not meat or dairy) and garden waste can be composted. You can add small amounts of paper, straw and other organic matter. Larger amounts of garden waste can be mulched, either at home or by the council - most councils offer a garden waste collection which is composted and sold commercially.

CUTS YOUR WASTE BY 40%



GREENHOME FACT:

For every one tonne of food or garden waste you stop from going to landfill, you save nearly a third of a tonne of greenhouse gas emissions.

2. Buy reusable not disposable

The best solution to waste is to avoid it in the first place:

- Try to only buy products that are reusable or come in reusable packaging - and actually reuse them.
- Only purchase products that you need, and avoid items that are excessively packaged.
- If you can't reuse them, try to buy products that are recyclable and/or come in recyclable packaging.
- Avoid altogether items that are designed to be used once only, such as foam, paper or plastic cups, plastic bags, plastic cutlery and plates etc.
- Take your own bags when shopping instead of accepting plastic (not just to the supermarket - take-aways and convenience shops as well!).
- Take your own cup when buying a coffee or drink.
- Take your own containers to the deli, butcher, take away or fruit shop.
- Buy in bulk when you can - take your own containers and bags to bulk suppliers



TRY TO AVOID IT IN THE FIRST PLACE

GreenHome's

top five waste-saving tips

3. Become a best practice recycler



GREENHOME FACT:

Every tonne of paper recycled saves almost 13 trees, 2.5 barrels of oil, 4100 kWh of electricity, 4 cubic metres of landfill and 31,780 litres of water.

It's easy to be a best practice recycler – find out what your council will recycle and make sure you put all of these items in your recycling bin. Most councils will recycle the following items:

- Plastics 1, 2, 3 (and often 4, 5, 6 and 7)
- Glass bottles and jars
- Steel cans, aluminium and aerosol cans
- Milk, juice and cream cartons
- Magazines, newspapers, letters, envelopes and scrap paper
- Cardboard boxes (no waxed boxes)

Plus, when you go out shopping try to only buy packaging that's recyclable.

Cars, household chemicals, motor oil, car batteries, mobile phones, printer cartridges, plastic bags, old clothes and appliances can all be recycled too but don't put them in your council bin. See the end of this section for where you can drop them off and be a best practice recycler.

4. Ask yourself... do you really need it?



“DO I REALLY NEED IT?”

If yes, is there an environmentally-friendly alternative, can you buy it second-hand, or from somewhere that supports and encourages recycling? Maybe you could borrow it from a friend – sharing resources is a great way to cut down on unnecessary waste.

Shopping at places such as second-hand or op-shops, or your local tip/reuse shop you're almost guaranteed to find a bargain. And most likely, supporting the environment and recycling is probably the furthest thing from your mind.

While it's not possible to buy second hand food, you can still exercise environmental purchasing practices. Only buy food that you know you will eat, avoid food that is excessively packaged, take your own bag to the shops and your own containers.

GreenHome's top five waste-saving tips

5. Go for No Junk Mail

By simply putting a No Junk Mail sticker on your letterbox you'll reduce the amount of paper that goes to waste each year.

If everyone on your street does this, the amount of paper consumed and wasted each year will be drastically reduced (perhaps a little covert operation down the street late at night is in order!).

Australians receive on average 8.2 billion unaddressed flyers, leaflets and catalogues in their letterboxes every year. If your household said no to junk mail that could save almost 1000 pieces of unwanted junk each year!



You can stop addressed junk mail by using the Direct Marketing Association's Do Not Contact Service. Register at www.adma.com.au

ACF GreenHome's simple guide to recycling



PETE



HDPE



V



LDPE



PP



PS



OTHER

Material	What products?	Is it recyclable?
Code 1 - PET	soft-drink, juice bottles	YES
Code 2- HDPE	Shampoo bottles, milk, cream and juice bottles	YES
Code 3 - UPVC or PPVC (polyvinyl chloride)	cordial bottles and garden hoses	YES
Code 4 - LDPE	ice-cream container lids and garbage bags	YES in some areas (check with your council)
Code 5 - PP (polypropylene)	ice cream containers, lunchboxes and drinking straws	YES in some areas (check with your council)
Code 6 - PS (polystyrene)	yoghurt containers or meat trays	YES in some areas (check with your council)
Code 7 - other	acrylic and nylon	YES in some areas (check with your council)
Paper and Cardboard	Newspaper, office paper, envelopes, letters, magazines, boxes (no waxed boxes)	YES
Cartons (Liquid Paperboard)	Milk, cream and juice cartons	YES
Aluminium, steel cans and aerosol cans	Soft drink cans, tin cans and aerosol sprays (no foil)	YES
Glass	Bottles, jars (no broken glass, lightglobes or panes of glass)	YES

GreenHome's

other recycling

End of life Product	How to Recycle it
Mobile Phones	<p>Take them to any major mobile phone retailer (Telstra, Optus, Vodafone, Dick Smith, Harvey Norman etc)</p> <p>Green Collect provides a collection service for mobile phones, corks, batteries, CDs and DVDs, printer cartridges. Level 7, Central House 174 Collins St Melbourne, Phone 03 9663 8843 or visit www.greencollect.org</p> <p>Visit www.phonerecycling.com.au or call 1300 730 070 to find out your nearest mobile phone recycler.</p>
Printer cartridges	<p>Take them to Australia Post, Dick Smith or Tandy stores.</p> <p>Close the Loop are toner cartridge recyclers. 208 Hume Hwy, Somerton 3062. Phone 03 9930 8600, www.closestheoop.com.au</p> <p>See above for Green Collect.</p>
Computers and printers	<p>There are a number of companies and charities which resell or recycle computers - here are a few places you can try:</p> <p>Green PC are computer refitters and will take Pentium 2300 and above computers and 17 inch and above monitors. Anything outside these specifications, Green PC will collect and safely dispose of, for a charge of \$20 per monitor and \$10 per case or printer. 375 Johnson St, Abbotsford 3067. Phone 03 9418 7400, www.greenpc.com.au</p> <p>Computerbank Victoria install Linux operating systems on donated computers and give them to disadvantaged individuals and communities. Phone: 03 9600 9161 or visit vic.computerbank.org.au</p> <p>Byteback, an initiative of EcoRecycle Victoria (Sustainability Victoria), is located at the City of Boorondara Waste Transfer Station, 648 Riversdale Rd Camberwell and offers a free computer take-back service. Phone the Infoline 1800 353 233 or visit: www.ecorecycle.sustainability.vic.gov.au</p> <p>Com.IT: Recycling Computers for the Community 114-118 Campbell St, Collingwood VIC Phone: (03) 9416 2604, www.com-it.net.au</p> <p>PC Graveyard Re-using, recycling, repairing and re-furbishing computers and electronic equipment Ph: (03) 5275 8835, www.pcgraveyard.com.au</p> <p>Dell computers: Phone 1800 465 890</p>
Plastic supermarket bags	Recycling bins are found in most major supermarkets (Woolworths, Coles etc) (no thick plastic bags)
Corks	<p>See above for details of Green Collect.</p> <p>Girl Guides National Cork Recycling Program – a range of businesses collect corks on behalf of the Guides including The Body Shop stores. Call 03 8606 3500 or visit their website www.guidesaus.org.au</p> <p>Friends of the Zoos (FOTZ) Cork Recycling Project – take corks to Melbourne Zoo or call FOTZ on 03 9285 9493 to arrange a pick-up of your collected corks.</p>
Household Chemicals (paints, solvents, pesticides, pool chemicals, gas bottles, engine oil etc)	See EcoRecycle Victoria (Sustainability Victoria) for a directory of recycling services, including chemicals: www.ecorecycle.sustainability.vic.gov.au . Click through to: Recycle What and Where and Household Chemical Collection Timetable.
Cars and Car parts	<p>A number of car parts dealers will recycle used cars and parts – ask your local panel beater or car parts dealer.</p> <p>See the Auto Parts Recyclers Association of Australia (APRAA) for dealers around the country who have APRAA accreditation: www.apraa.com</p>
Motor Oil	Go to www.oilrecycling.gov.au/directory.html to find out where you can take your old motor oil for recycling.
Car batteries	Take them to any car battery retailer or mechanic for recycling
Furniture, Appliances, Household Goods,	<p>Take them to charity shops, or second-hand clothes, books, music shops.</p> <p>The EcoRecycle Victoria website contains extensive information on recycling services across the state: www.ecorecycle.sustainability.vic.gov.au In particular, see the 'Recycle What & Where' section: or phone 1800 353 233.</p>

Recycling Services: The EcoRecycle Victoria website contains extensive information on recycling services across the state: www.ecorecycle.sustainability.vic.gov.au in particular see the Recycle What & Where. You can also check by phone: 1800 353 233.

See also Planet Ark's Recycling Near You database, for contact details of nation-wide recyclers of the above materials: www.recyclingnearyou.com.au/ - search by postcode, local council or suburb.

GreenHome's

workshop note page

GreenHome... saving energy

Saving energy starts at your front door

WHAT CAN WE DO?

To reduce greenhouse pollution we must switch from fossil fuels to renewable energy sources like solar and wind. We also need to waste less energy and use it more wisely. Most homes could be just as comfortable but use about half the amount of energy – saving money and the environment!

GreenHome shows you how to do your bit: there are heaps of easy ways to save loads of electricity around your home and by switching to Green Power you can be certain the energy you do use is greenhouse-friendly.

IT MAKES SENSE TO SAVE ENERGY

Whether it's electricity, gas or petrol, energy costs both you and the earth and it's easy to use less. In this section we'll focus on saving energy at home in the form of electricity and gas. But it's important to remember that energy is needed for everything we use and do: transport needs fuel; all products require energy to be produced. As a consumer, it's worth thinking about the electricity and gas you use at home, how you travel, and the 'hidden' or embodied energy in all the products you buy. There are many ways we can reduce our greenhouse gases and climate change footprint.

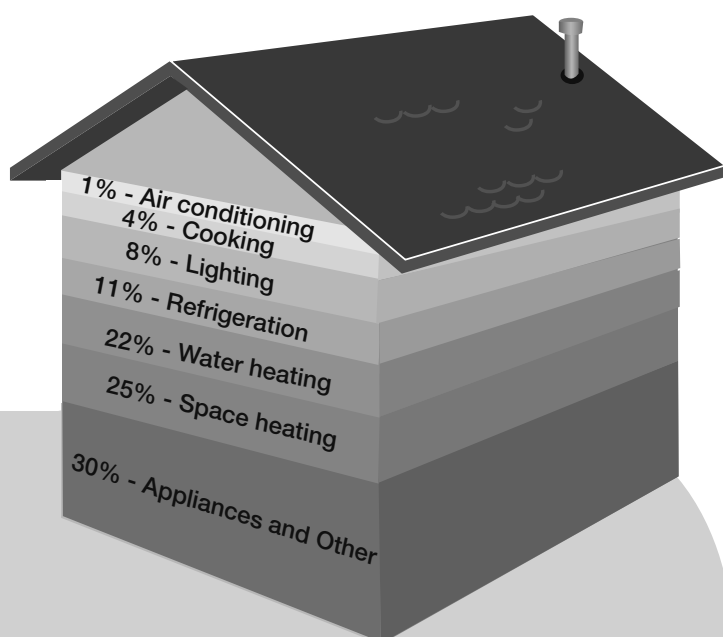
BUT WHAT'S THIS ABOUT A GREENHOUSE?

The natural greenhouse effect is what makes the Earth warm enough for us to live on it. We actually need it to survive -without it the earth would be about -18°C and we'd be on just another frozen rock like Mars. When we talk about the greenhouse effect we actually mean the enhanced greenhouse effect. This is what happens when the regular greenhouse effect gets out of hand -temperatures rise, oceans swell and our climate changes. Either way, it's caused by greenhouse gases in our atmosphere (especially carbon dioxide, methane, and water vapour). They trap heat from the sun - a bit like the glass in a greenhouse.

For the last couple of centuries we've been blowing the carbon dioxide levels sky high - by burning fossil fuels (coal, gas and oil) and landclearing (getting rid of vegetation for grazing, crops or housing estates), so we just keep getting warmer. We can all help if we try and change the way we do things so we're not constantly pumping more gases into the atmosphere to add to the greenhouse effect.

GREENHOUSE EMISSIONS FROM HOUSES

This house graph shows the breakdown of how household activities produce greenhouse gases in Victoria. Remember this doesn't include transport and waste which are two other major sources of household greenhouse gases. These two topics are covered in separate workshops. See Section Two of this GreenHome Guide for more detail on Waste and Section Five for Transport.



GreenHome's Energy saving log

Use this log to work out and record where you will save energy at home

		Before Action							Where will you TAKE ACTION?							After Action						
		Date: from _____ to _____														Date: from _____ to _____						
		M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
Lighting	How many lights (excluding energy efficient and fluorescent tubes) were on for more than one hour at a time?								<input type="checkbox"/> Replace commonly used globes with energy efficient bulbs													
	How many lights were left on when not being used?								<input type="checkbox"/> Turn off lights when not in use													
Hot Water	How many sinks full of hot water were used? (see below for dishwashers)								<input type="checkbox"/> Only fill the sink for a full load of dishes													
	How many hot showers?								<input type="checkbox"/> If you have a double sink, use the smaller one for dishes													
	How many loads of clothes washing?								<input type="checkbox"/> Keep showers short and efficient													
Heating	What was your thermostat or heater setting?								<input type="checkbox"/> Don't wash until you have a full load													
	How many hours was your main heater running?								<input type="checkbox"/> Switch from hot wash to warm or cold													
Cooling	How many hours was your thermostat or heater running?								<input type="checkbox"/> Only heat the space you are using													
	What was your thermostat or cooling setting?								<input type="checkbox"/> Turn the thermostat down													
Appliances	How many hours was your cooling running?								<input type="checkbox"/> Put on a jumper before you use the heater													
	How long were these appliances on and unused today? (include time switched on in standby mode)								<input type="checkbox"/> Only cool the space you are using													
	<input type="checkbox"/> Microwave								<input type="checkbox"/> Dress for the weather													
	<input type="checkbox"/> TV								<input type="checkbox"/> Use a fan and open windows													
	<input type="checkbox"/> VCR/DVD player								<input type="checkbox"/> Turn the Air Conditioner temperature up													
	<input type="checkbox"/> Computer								<input type="checkbox"/> Use appliances efficiently													
	<input type="checkbox"/> Stereo								<input type="checkbox"/> Turn things off when not in use													
	How many hours did you run a clothes dryer?								<input type="checkbox"/> If it blinks at you, switch off at the wall to avoid standby power use													
	How many times did you use a dishwasher?								<input type="checkbox"/> Choose efficient appliances when you buy													
									<input type="checkbox"/> Use clothes line or outdoor airer instead of electric dryer													

GreenHome's

top five energy-saving tips

1. Switch to Green Power

Green Power is electricity from renewable energy like wind and solar instead of coal. Almost all electricity companies offer the choice of Green Power – for more information see the end of this section.

When you purchase Green Power you'll see no change in the way electricity comes to your house and there is no supply disruption when you switch. The only difference is that for a small surcharge (around \$1 a week depending on the company), some or all of the electricity that you use will come from a renewable energy source and directly reduce greenhouse pollution.

All you have to do is ask your energy retailer what Green Power products they offer – you can either switch to their product or to that of another energy retailer. Just make sure that the Green Power you choose is accredited (bears the Green Power tick). You can choose what percentage of renewable energy you want your electricity supply to be – choose the highest percentage you can afford (up to 100%) but make sure it is at least 12.5% renewable energy.



GREENHOME FACT:

Green Power is not only good for the environment, it helps support Australia's fledgling renewable energy industry.

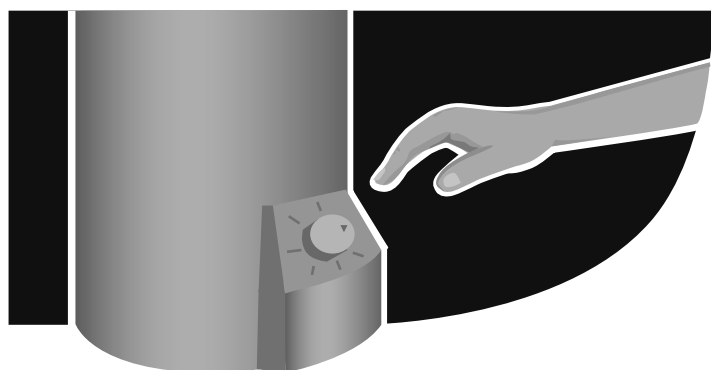
2. Get out of hot water

Heating water uses a lot of energy. Electric hot water systems are still the most common in Australian homes, and an average system produces up to 4 tonnes of greenhouse gases per year and accounts for nearly half of the electric bill – that's lots of room for improvement!

Turn it down: most hot water systems come with a thermostat and you can easily vary the set temperature. By reducing the water temperature by as little as 5°C, you can reduce energy consumption by between 3% and 5%. (Note that it's recommended you don't set the thermostat lower than 60°C). Switch the water heater off if you go away – all the time it's on, you're heating up the outside.

Use a cold wash: Cut your bill by using only the cold cycle in your clothes washing machine - using a warm setting will save 1.5 kilograms of greenhouse gas per wash while a cold wash will save 3 kilograms (compared to a hot wash).

Shorter showers and fixing dripping hot taps are also great ways to save energy and water.



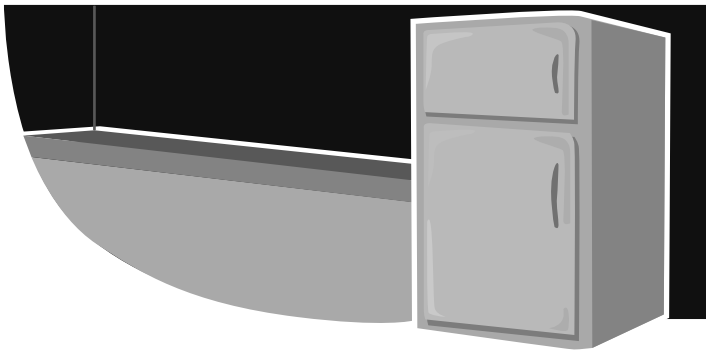
GREENHOME FACT:

A gas boosted solar hot water system is the most greenhouse - friendly way to heat your hot water.

GreenHome's

top five energy-saving tips

3. Make your fridge more efficient



GREENHOME FACT:

The energy star rating system can help you make a greenhouse-friendly choice for new appliances. See page 28 for more details.

The fridge uses a lot of energy and the older your fridge is, the higher the probability that it will be a big polluter.

But you don't need a new, efficient fridge to cut your emissions. There are lots of adjustments you can make - you'll save up to half a tonne if you follow these simple steps:

- If you have a second fridge that is mostly empty, turn it off when not in use (leave the door slightly open).
- Fresh food compartments should be set at around 4°C to 5°C and freezers should optimally be set between -15°C and -18°C.
- Never put hot food into the fridge – let it cool down first.
- Try to open the door as little as possible
- Keep fridges and freezers in a cool, well ventilated spot (away from the oven and the sun) and you can save up to 100kg of greenhouse gases per year.
- Ensure the coils are clean and well ventilated - that will save you another 150kg per year.
- Fix the door and seals so that they close properly - that's another 50 kg a year you will save.

4. Heating and cooling efficiently



GREENHOME FACT:

Turning down the thermostat in summer and up in winter can reduce heating and cooling costs by 10%.

The simple thing to remember is: don't over-cool or over-heat your home. A difference of just one degree can reduce energy consumption and greenhouse pollution by up to 10%. Make sure the thermostat is on an internal wall, and set the temperature as low (for heating) or high (for cooling) as you can.

With whatever heating or cooling system you have, only heat or cool the rooms you are using, and don't leave your system running when you've left the house. Also, dress for the weather: don't turn the heater on if you're wearing shorts and a tee-shirt!

Try to heat/cool your home rather than the great outdoors! Close windows if you are using heating or cooling, seal up drafts, close curtains, and insulate wherever you can.

Let natural cooling do the work instead of turning on the air-conditioning. Open the windows at night, try using fans and having through breeze whenever you can.

GreenHome's top five energy-saving tips

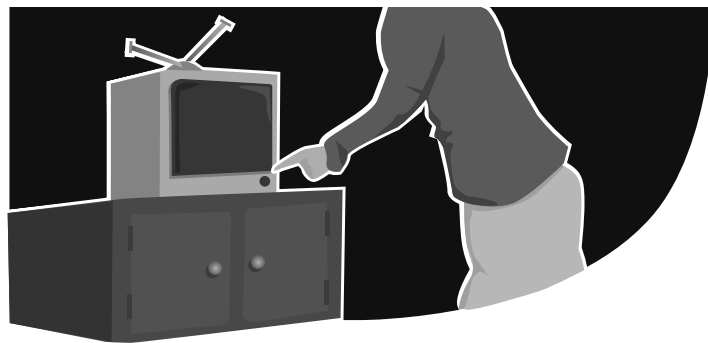
5. If it blinks at you, switch it off!

Standby power is the electricity consumed by an appliance when it's not being used. Around 10% of Australian household electricity use goes directly on standby power, so we are literally throwing away 10% of our electricity.

When you turn appliances off with the remote or even using the On/Off switch, rather than at the wall, the appliance will go to 'standby power'.

In most households TVs, videos and DVD players, computers and stereos are on standby over 80% of the time. Often the standby power serves no real function or operates at excessive levels for the background task being performed (such as running a clock).

So when you've finished watching TV, listening to a CD or using your computer for the day switch the unit off completely – at the wall is best. You'll save anywhere between 20 and 85 kg of greenhouse gas per year by doing this. An easy way to do this is to use power boards with individual switches for each appliance. Often when something is on standby, there is a small light that glows or blinks at you. If you see this and the appliance should be off, switch off at the wall or plug.



GREENHOME FACT:

Appliances on standby use on average a constant 87 Watt per household, or 760 kWh per year. This costs you around \$100. You can measure the amount of standby used in your home by turning everything off (the way it is normally turned off) and then reading the meter.

DID YOU KNOW?

You can get money back for taking major energy saving actions

Solar power rebates

The Federal Government offers a rebate for household solar power to generate electricity (photovoltaic panels). It is available for households and not-for-profit organisations.

Rebates are up to \$4000 call 1300 363 744 or visit: www.seav.sustainability.vic.gov.au/

Solar hot water rebates

Rebates of up to \$1500 are available. See www.seav.sustainability.vic.gov.au for details. You can also get some money back from the Federal government by selling Renewable Energy Certificates (RECs) if you are:

- Replacing an electric hot water system with a solar system,
- Upgrading an old solar hot water system, or
- Installing a new solar hot water system in a new home

The number of RECs will depend on the size and efficiency of the system you install but could be worth anything from \$500 to \$1000 or more. Ask your solar hot water supplier for more details.

See the Office of the Renewable Energy Regulator for details of how the scheme works: www.orer.gov.au/householders/index.html

Victoria also has rebates for rural, regional and outer suburban households switching to natural gas for heating and for hot water visit: www.seav.sustainability.vic.gov.au/

GreenHome

energy smart choices

Victorian Green Power Options

Almost all energy retailers in Victoria offer accredited Green Power products, which include energy from Solar, Wind, Biomass and Low Impact Hydro. Check out www.greenpower.com.au for a list of energy retailers who offer Green Power or pick up a Green Power brochure at the GreenHome Energy workshop.

WHAT IS SOLAR?

Solar energy is Australia's largest energy resource: the average amount of solar energy that falls on Australia is about 15,000 times the nation's energy use. Photovoltaic cells, known as PV or solar cells, convert the energy from sunlight into electricity which can be made available through the grid.

WHAT IS WIND?

Wind energy is converted to electricity through turbines – large fan-like structures with three blades. The turbines need to be in a place with strong, steady wind to ensure regular energy production.

WHAT IS BIOMASS?

Biomass is the term used to describe the generation of energy from organically based sources. Types of Green Power Biomass generation currently being used include landfill gas, sewage gas and bagasse. There are strict policies

on the type of biomass energy that can be used within the Green Power Program.

WHAT TYPES OF HYDRO POWER ARE INCLUDED WITHIN GREEN POWER?

Hydro electric generators that are approved for use within Green Power are those that have minimal impact on the surrounding environment, such as installing a generator in a fast flowing stream or fitting an existing dam or weir with a power generator. New dams or river diversions do not qualify and the Snowy Mountains Hydro Electric scheme is not approved for use within the Green Power program.

WHY DO I HAVE TO PAY EXTRA FOR GREEN POWER?

When you switch to accredited Green power you are required to pay a surcharge of between \$1 and \$5 per week. This extra charge goes directly towards setting up new wind, solar, hydro or biomass generation (depending on the product you choose). There are some electricity products which claim to be renewable energy but do not cost anything extra and are not accredited with the Green Power tick. These products are sourced partly or wholly from existing renewable sources such as the Snowy Hydro scheme and are not contributing to growth in renewable energy in Australia.

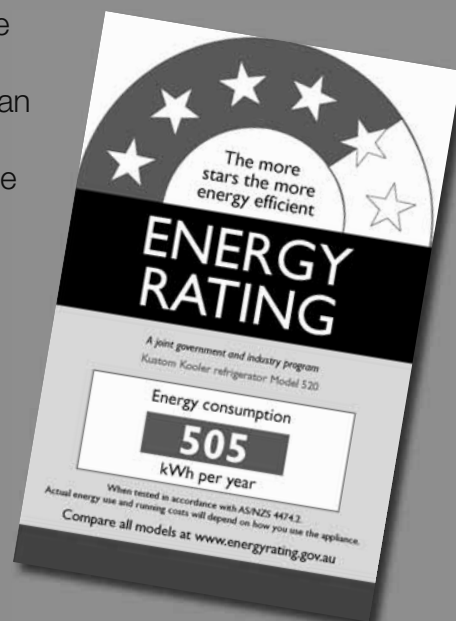
LOOK FOR THE STARS

Energy smart appliances will save you money and reduce your greenhouse emissions. For most new appliances (fridges, washing machines, air conditioners etc) there is an energy rating system. Stickers on the products show a star energy rating. The more stars, the more efficient the product.

See www.energyrating.gov.au for more details.

For smaller items such as computers, televisions, stereos etc check Energy Allstars www.energyallstars.gov.au for the best option and always choose the most efficient product to meet your needs.

Check out the Energy Allstars website for details of the most energy efficient household and office appliances www.energyallstars.gov.au

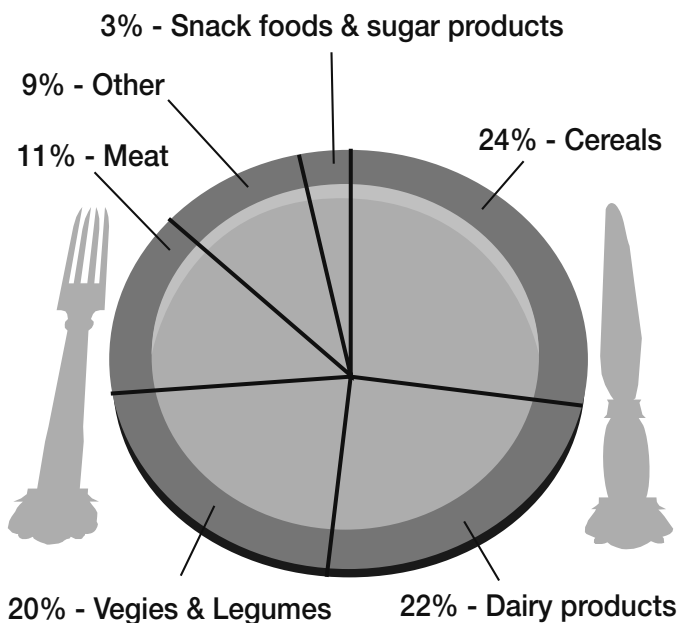


GreenHome's

workshop note page

GreenHome... food and gardening

Smart food & gardens start at your front door



The plate graph above shows the breakdown of an average Australian diet.

There's a lot of meat and dairy on our plates – the most resource intensive foods.

“The most political act we do on a daily basis is to eat, as our actions affect farms, landscapes and food businesses. These choices matter enormously, as different production and transport systems have different effects on the environment.”

(Professor Jules Pretty, March 2005)

In this section we'll cover two related topics: Food and Gardens

Food

HOW CAN WHAT I EAT MAKE A DIFFERENCE?

The choices we make about what we eat each day really can have some major environmental consequences. It's easy to forget about the energy, water, chemicals and effort that goes into producing everyday items like chocolate bars, soft drink or a packet of chips. Not to mention the fuel burnt to get the things to you. Simple, unprocessed foods take much less energy and water to be ready to eat.

Turn to page 33 for GreenHome's top five green eating tips.

Gardens

ISN'T MY GARDEN ALREADY GREEN?

Australians are passionate gardeners and there is no reason why we can't continue to enjoy our gardens without taxing our natural resources too much. We need to make sure that our gardens are beautiful, productive and efficient. This means creating a garden that is well-suited to Australia's natural cycles. Something as simple as the way we water our gardens can have a dramatic impact upon the health of our rivers and our broader environment. By taking a few simple steps to save water in our gardens Australians can take the pressure off our local rivers. Combine that with keeping our gardens chemical free and we're really going to make a difference. We can also grow more Australian plants to provide habitat for native animals.

GreenHome's top five gardening tips start on page 36.

Look out for the step-by-step guide to starting your own organic food garden on page 39.

GreenHome's Smart Food Guide

Action	Benefit to the Environment	Tick if you already do this	Tick once you make this change
Reduce meat consumption by one meal a week (assume 150g serve)	Will reduce water use by up to 10 000 litres per year and cut greenhouse pollution by up to 300kg per year *		
Reduce dairy consumption by 4 serves per week (A serve equals one cup of milk or equivalent quantity of cheese, yoghurt, etc.)	Reduce water use by 26 000 litres per year and cut greenhouse pollution by up to 500 kg per year *		
Only buy what you will eat– avoid food wastage	Reduce your food waste going to landfill by up to 13%		
Choose fresh, simple food over refined or processed	Save energy and resources from refining and processing		
Choose locally grown fruit and vegetables rather than imported ones	Reduce greenhouse pollution from transport		
Buy fresh food only when it is in season	Avoid greenhouse pollution from transport and production (eg: heated greenhouses)		
Grow some of your own organic food	Avoid chemicals and pesticides going into the environment		
Buy fresh or dry food that is unpackaged	Reduce used packaging going in your landfill or recycling bins by up to 245kg per year		

* Water and greenhouse pollution figures from Dr Manfred Lenzen at the University of Sydney see: www.isa.org.usyd.edu.au

Think before you buy fish

The Australian Marine Conservation Society has published a Sustainable Fish Finder which is available to order or download. Check out: www.amcs.org.au/campaigns/sustainable_seafood_guide/sustainable_seafood_guide.html or phone 1800 066 299. Keep your copy of this guide with you when you shop for fish or eat in restaurants.

Ranking 1= most sustainable 18= least sustainable

Name	Also sold as	Rank	Name	Also sold as	Rank
Southern Calamari	Squid, Calamari	1	Southern Rock Lobster	Crayfish	8
Arrow Squid	Gould's Squid, Squid	2	Tiger Flathead	Trawl Flathead	9
Anchovy		3	Pink Ling	Kingclip, Ling	9
Blacklip Abalone	Abalone	3	Silver Trevally	Silver Bream	9
Albacore Tuna	Tuna	4	Silver Warehou		9
Yellow-eye Mullet	Mullet	5	Black Bream	Bream	10
Southern Garfish	Garfish	6	Mirror Dory	Silver Dory	10
King George Whiting	Southern Whiting	6	John Dory		11
Blue Grenadier	Blue Hake, Hoki	6	Giant Crab	King Crab	11
School Whiting	Whiting	6	Broadbill Swordfish	Swordfish, Marlin	12
Australian Salmon	Black Back	6	Blue Eye	Blue-eye Trevalla	13
Greenlip Abalone	Abalone	6	School Shark	Flake	13
Sand Flathead	Bay Flathead	7	Southern Bluefin Tuna	Sashimi	14
Yellowfin Tuna	Tuna	7	Blue Warehou		15
Snapper		7	Rock Ling	Ling	15
Greenback Flounder	Flounder	7	Commercial Scallop	King Scallop	15
Gummy Shark	Flake	7	Gemfish	Hake	16
Luderick	Blackfish	7	Redfish	Nannygai	17
Pilchard	Sardine	7	Ocean Perch		17
Sea Mullet	Mullet	8	Orange Roughy	Sea Perch	18
Rock Flathead	King Flathead	8			

GreenHome's

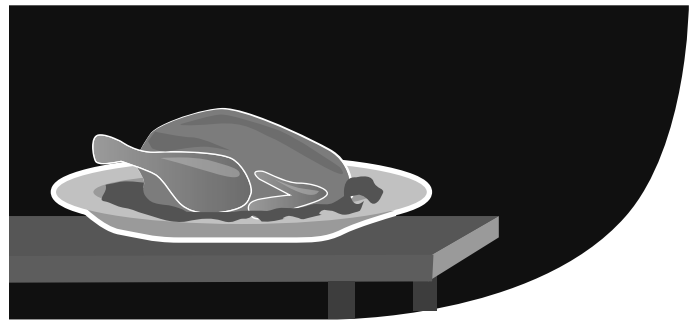
top five food tips

1. Reduce animal products

Don't worry! We're not asking you to give up your favourite foods!

Meat and dairy products use lots of resources. To produce a single 150g serve of meat takes over 200 litres of water and creates 5kg of greenhouse pollution (based on figures from Dr Manfred Lenzen at the University of Sydney). Massive areas of land are still being cleared in Australia for cattle production and feed for beef cattle is often grown on land that could be used to grow food for humans to eat. Take the cows out of the equation and you will save huge amounts of energy, water and land (from landclearing).

If you're buying seafood make sure that you're not unwittingly purchasing an endangered species. Pick up a copy of the Sustainable Fisheries guide (available at GreenHome workshops or from www.amcs.org.au) to carry in your wallet to be sure of which fish to avoid. It's also best to avoid fish grown in fish farms (aquaculture) as these often require more caught fish (from the wild) to feed the fish than are actually produced at the farm. This is especially so for carnivorous fish (such as prawns, salmon, snapper, barramundi and tuna) which can take up to 12kg of fish meal to produce 1kg of fish.



Try one serve less per week

GREENHOME FACT:

If you reduced your dairy intake by just 2 cups of milk (or equivalent) per week, you would save 13,000 litres of water and 250kg of greenhouse pollution in a year.

2. Choose unprocessed or unrefined food

All food carries some 'embodied' energy and water.

That means the amount of energy and water that goes into producing them. The more processed or refined a product is, the more embodied energy it contains.

Some smart lower energy choices include:

- fresh fruit and vegetables rather than dried or canned
- dried beans that you soak and cook yourself rather than canned (tip: you can store cooked beans in the freezer so they're on hand when you need them)
- unbleached flours rather than bleached
- only buy things that you know you will use!

Some common foods with high embodied energy:

- potato chips or any snackfood with aluminium-lined packaging
- freeze-dried instant coffee
- any over-packaged foods such as individually wrapped lollies or biscuits

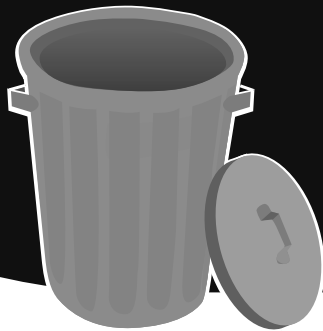


The embodied energy of products is rarely factored into their selling price

GreenHome's

top five food tips

3. Eat what you buy, don't waste it!



GREENHOME FACT:

The cost of this wasted food is more than 13 times the \$386 million donated by Australian households to overseas aid agencies in 2003.

In 2004, Australians threw away a total of \$5.3 billion on all forms of food. This shocking statistic includes:

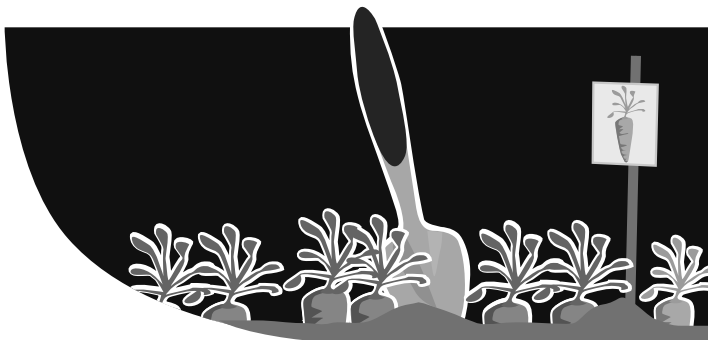
- \$2.9 billion worth of fresh food
- \$630 million worth of uneaten take-away food
- \$876 million in leftovers
- \$596 million of unfinished drinks and
- \$241 million of frozen food.

These figures come from 'Wasteful Consumption in Australia' a report published by The Australia Institute in 2005.

Throwing food away costs more than just the money you paid for it, you're also wasting all the water, energy and other resources that went in to producing the food in the first place.

Think about what you need and use what's in the fridge, freezer or pantry before you eat out or get take away.

4. Choose organic where possible



GREENHOME FACT:

Even in a small suburban backyard you can have a rich and productive food garden. You can also grow lots of food in polystyrene boxes on your balcony or patio

Organic farming uses no synthetic pesticides or fertilisers and focuses on the health of the soil.

Organic food is also free of genetically modified organisms and organic farmers treat animals with respect. You can grow your own organic food in your garden at home too, see page 39 for our how-to guide.

According to a study reported in 2004 by New Scientist: "Organic farming increases biodiversity at every level of the food chain – all the way from bacteria to mammals. This is the conclusion of the largest review ever done of studies from around the world comparing organic and conventional agriculture."

GreenHome's

top five food tips

5. Bring the paddock closer to your plate

Locally produced food is the best choice for the environment.

Australian food has travelled a shorter distance and buying Australian supports our farmers and growers.

Great ways you can support local produce are:

- Check for the words 'Product of Australia' on the label of any packaged or tinned food
- Only eat what is in season, this will save you money too
- Shop at Farmers Markets such as these

Queen Victoria Market

Corner Victoria and Elizabeth Streets, Melbourne 3000
Ph: 03 9320 5822, www.qvm.com.au

CERES Organic Market

CERES Community Environment Park, Every Saturday
8 Lee Street, Brunswick 3056, Chris Ennis, Market Co-ordinator
Ph: 9387 2609, www.ceres.org.au

Collingwood Children's Farm

Farmers Market every second Saturday of the month, 8am-1pm
St Heliers Street, Abbotsford 3067
Ph: 9417 5806, www.farm.org.au/

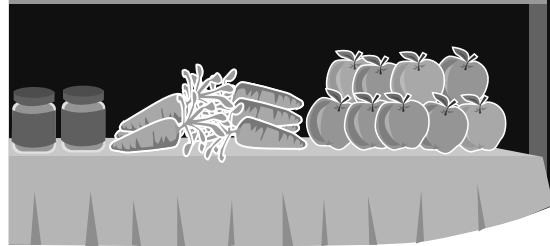
Boroondara Farmers' Market

Patterson Reserve, Auburn Rd, East Hawthorn
3rd Saturday, 8am - 12.30pm
Contact: Vicky Davison on (03) 9278 4444

Bundoora Park Farmers Market

Bundoora Park, Plenty Rd, Bundoora, 1st Saturday, 8am - 1pm
Contact: Peter Arnold on 03 5664 0096

Local Produce for Sale



ALSO:

Australian Farmers' Market Association has a directory of Victorian farmers' markets: www.farmersmarkets.org.au/finder/vic.jsp

Global Trade Watch website has a directory of Victorian farmers' markets: www.tradewatchoz.org/localfood/index.html

GREENHOME FACT:

According to a 2005 British study, if all food was consumed within 20km of where it was produced, costs associated with congestion and transport would be cut by 90%.

The Shopper's dilemma

Sometimes it's hard to work out what the best environmental choice is. Shoppers may wonder: "Is it better to buy a local orange from a farmers market that might have been grown using synthetic chemicals and excessive water? Or is it better to buy an organic orange that has been transported from interstate or overseas – using more fuel to get here?"

The answer is not simple but keep these principles in mind when shopping for food:

- Support organic or chemical-free growers where possible
- Choose food that is in season
- Choose food grown as close to you as possible

GreenHome's

top five gardening tips

1. Be a water-wise gardener



GREENHOME FACT:

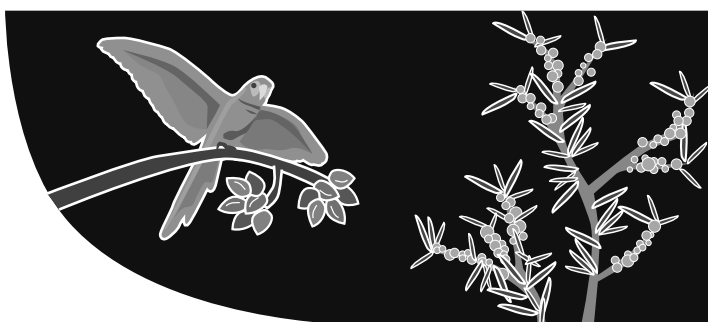
Mulch on your garden can reduce garden water use by up to 70%.

If you are starting a new garden or looking to revamp your existing one think carefully about the layout and how you can minimise your garden's water needs.

The average Australian garden hose delivers 1,000 litres of water an hour. There are many ways to reduce the amount of water flowing out of our hoses while still maintaining a healthy and vibrant garden.

- Keep an eye on daily weather forecasts and check soil so you only water plants when they really need it.
- Water in the morning or evening to reduce the amount of water lost to evaporation.
- Use efficient watering devices like trigger nozzles and irrigation timers fitted with a 'rain switch' that turn off automatic sprinklers when it starts raining.
- Use a pool cover and reduce the amount of water a backyard pool loses to evaporation by up to 30,000 litres a year.
- Install a rainwater tank and use rainwater on your garden.

2. Plant Australian natives



GREENHOME FACT:

Replacing your exotic plants with natives will attract birds and many native plants need less water too.

Australian gardens can play a key role in creating homes for native birds and insects.

The more local plant species that we find in a garden the better the natural balance between flora and fauna, and the greater the biodiversity of our environment. With more and more bushland being cleared to make way for houses, roads and shopping centres, a pocket of Australian plants in your backyard could provide a much-needed home for native wildlife.

- Select plants that suit the soil and garden conditions. Local indigenous plants have evolved to handle local conditions. Many other Australian native plants have evolved to cope with very little water.
- Incorporating native plants into the garden will provide habitat and food for birds and insects, which in turn can aid in pest control and pollination.

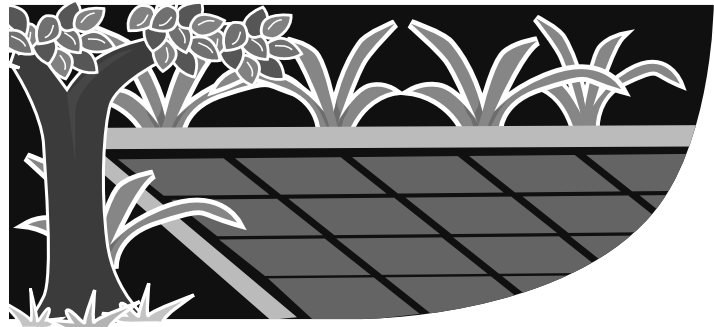
GreenHome's

top five gardening tips

3. Plant less lawn, more plants

Did you know that lawns use the most water in the garden? They can drink up to 90% of all garden water depending on the plants you choose.

- If an area is not used frequently why not create garden beds or mulch areas instead of lawn.
- Replace lawn areas with porous paving, pebbles or drought-tolerant ground covers.
- Choose slow growing, water efficient lawn varieties that are best suited to your soil. They have deep roots for drought tolerance and don't need as much mowing as other varieties.
- Try not to cut your lawn too short. Mow only the top third of the leaf area, leaving it three centimetres or higher. You can reduce water loss even further by saving your lawn clippings to use as mulch on your lawn or garden. They're also great to add to your compost bin.
- Water less frequently but more deeply. Let the water get down to about 15 cm, this will encourage deep root growth and therefore drought tolerance in your plants.



GREENHOME FACT:

Special mulching mowers cut up the grass clippings as you mow. This fine mulch is left on the grass and will act as a natural fertiliser as the cut grass breaks down.

4. Fertilise your garden the non-toxic way

Chemical fertilisers may produce a “quick fix” to a gardening problem but will likely have adverse environmental impacts over time.

Some of the negative impacts of chemical additives include the destruction of worms, deterioration of soil quality, and the alteration of vitamin and protein content in vegetables. Natural methods are far safer. Try some of the following methods to improve the health of your soil and control pests:

- Feed the soil as much as possible with organic matter instead of fertilisers. Manure, compost and other organic material are great alternatives.
- Worms make your soil more productive. Worms live on the organic matter in your garden; they process it for you by eating it and then providing worm casts to nourish the soil. At the same time they aerate and break up the soil as they tunnel around looking for food.
- Create wetlands. Installing a pond in your garden will attract native frogs, birds and other wildlife. These will eat insect pests and reduce the need to use pesticides. Small fish or tadpoles in the pond will eat any mosquito larvae.



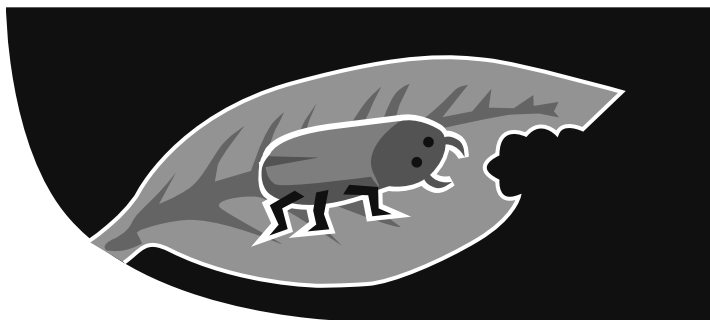
Your garden is not the only place you can cut down on chemical use.

See Section 6: Green Cleaning for information about creating a non-toxic home.

GreenHome's

top five gardening tips

5. Use safe ways to avoid pests



Bugs are part of the garden but some might eat your crops or make plants sick.

Synthetic pesticides contain all kinds of toxic ingredients so try some of these safe ways to keep pests to a minimum.

- Plant many different species near each other
- Remove diseased parts of plants, bag small parts and put in rubbish bin. For larger pieces, seek professional advice
- Plant strong smelling herbs, marigolds or pyrethrum daisies around the garden
- Pick off (and squish) pests when you spot them
- Attract predators by including a pond with tadpoles or small fish to eat larvae, providing rocks for lizards to shelter under or planting natives to attract birds
- Make your own natural sprays from garlic, mineral oils, tomato leaves or pyrethrum daisies. (spray recipe on page 39)

You can find more natural spray recipes at:

- www.growitgold.com/resources/bugrecipes.shtml
- www.organicdownunder.com/Friendly%20Sprays.htm

DID YOU KNOW?

Community Gardens are wonderful places to grow your own food and make new friends. Some of the great things about community gardening are:

- you and your family have access to fresh, nutritious food.
- because it involves physical activity, community gardening also promotes physical fitness and health.
- community gardens are often used for community education such as waste minimisation and the recycling of wastes through composting and mulching.
- community gardens regreen vacant lots, public open space and other areas, making them a useful tool for urban improvement.
- the diversity of plant types found in community gardens provides habitat for urban wildlife, increasing their value for improving the natural environment.
- you will learn new things from other keen gardeners.
- you can meet other people who live in your area.

There are many community gardens around Melbourne. Here are a few of them:

Veg Out Community Gardens St Kilda
Cnr Shakespeare Grove & Chaucer Street, St Kilda
www.vegout.asn.au

Garden of Eden
Albert Park Railway Station
Ferrars Place South Melbourne
Ph: 03 9696 8013
www.gardenofedenproject.net.au/

CERES Community Garden
CERES Community Environment Park
8 Lee Street, Brunswick 3056
www.ceres.org.au

Ringwood Community Garden
Corner Canterbury Rd & Belgrave Rd,
Ringwood 3134
Ph: 03 9879 2203

Find other community gardens in Victoria via Australian Community Foods, www.communityfoods.org.au

GreenHome's

step-by-step guide

Starting an organic garden.

Growing your own organic food is great for the environment – you avoid the synthetic fertilisers and pesticides that are so common in conventional gardens. Gardening is good fun and fresh organic food is great for you and your family.

Choose a spot that gets at least 6 hours of sunlight all year round. If you have a lawn, select an area 1x2 m to start off your vegetable production. If space is limited, you can grow many food plants in pots and polystyrene boxes on your balcony or patio.

MAKING THE GARDEN

The easiest way to transform a patch of lawn into a food production zone is with a no-dig garden. You can put a no-dig garden on top of just about any surface, simply make sure it is reasonably level before you start.

- 1. Edges.** Build a low border to give the garden support. You can use old logs, bricks or whatever you can get your hands on. (Avoid treated pine)
- 2. Newspaper.** Cover the whole area in soaking wet newspaper. It should be 6mm deep and overlapping. Only use plain newspaper avoid glossy liftouts or magazines.
- 3. Layers.** You will need a bale of lucerne hay and a bale of straw for a 1x2m garden bed. The straw and lucerne both need to be wet, you can do this using a wheelbarrow full of water.

Cover the entire area with no gaps. The first layer on top of the newspaper is lucerne, then keep layering:
 - lucerne hay
 - 2cm of organic fertilizer such as chook manure
 - Straw
 - 2cm organic fertilizer again
 - 10cm compost
 - straw or lucerne
- 4. Water.** Water the entire area really well and rest for a week or so.
- 5. Plants.** Now you're ready to plant! You need to put seedlings (not seeds) in to this garden. Buy seedlings ready to go or raise seeds in a tray and transplant them when they are big enough. Make holes in the garden to put your seedlings in, add a handful of soil and plant seedlings deep into it. The deeper the better so that roots develop. Plant seedlings deep into the soil so that roots develop along the stem, making the plant stronger. Remember to transplant seedlings in the late afternoon so they don't have the full heat of the sun to deal with. You may like to shade them for a day or two after transplanting under an empty pot or a leafy twig.
- 6. Mulch.** Once you have your seedlings in, mulch all around with straw, grass clippings or mulched green waste. This keeps weeds down and reduces the need to water.

WHAT TO GROW

It's great to mix your garden up rather than plant rows of the same thing. Grow plants close together and choose plants that compliment each other. Easy and delicious vegetables include tomatoes (plant in Spring), lettuce (plant all year round) and zucchini (plant in Spring). There are many great resources to help you with planning your garden. Check out:

- www.organicdownunder.com
- "Backyard Self-sufficiency" by Jackie French
- "Lawns into Lunch" by Jill Finnane

DEALING WITH PESTS

In your organic garden, some insects need to be encouraged to help keep the pests at bay. If you need to spray to get rid of a particular nasty, there are many natural sprays that work well. It is best to spray in the evening as sunlight reduces the potency of many natural sprays. Try these natural sprays to get rid of insect pests.

Six peeled garlic cloves in a litre of water for several days and then filter. Or dilute 1 part espresso coffee with 10 parts water. Herbs such as basil or parsley planted amongst the vegies will help deter the bugs too. (You can also buy natural, non-toxic sprays from many gardening shops).

SUPPLIERS

Many of the seeds on the market are hybridised, don't produce much or for very long and have been produced using non-organic methods. You can mail order organically-produced, hardy seed varieties from several Australian companies including:

Green Patch Seeds: Ph: 02 6551 4240
www.greenpatchseeds.com.au

Eden Seeds: Ph: 1800 188 199
www.edenseeds.com.au

Green Harvest: Ph: 1800 68 10 14.
www.greenharvest.com.au

Green Harvest also sells a range of natural pest control products.

GreenHome's

workshop note page

Queen Victoria Markets

There are several organic stalls in the I Shed at the Victoria Markets:

- Garden Organics, Stall 71 Shed I,
Ph: 03 9329 4228
- Organic Indulgence, Stall 46-48 Shed I,
Ph: 0412 553 722
- Organics at the Market, Stall 50-55 Shed I,
Ph: 03 9326 5563
- Vic Market Organics, Stall 55-60 Shed I,
Ph: 03 9328 1425

Organic Wholefoods

- 452 Lygon St, Brunswick East, 3057,
Ph: 9384 0288
- 277 Smith St, Fitzroy 3065, Ph: 9419 5347
www.wholefoods.com.au

Friends of the Earth Food Co-Op

312 Smith Street, Collingwood, 3066,
Ph: 03 9417 4382, www.melbourne.foe.org.au/campaigns/foodcoop/foodcop.htm

The following companies will deliver organic food to your home:

The Green Line Organic Direct

38 Strong Avenue Thomastown 3181
Ph: 03 9460 3999
www.greenlinedelivery.com.au/

Organic Oz

81 Poath Road, Murrumbena, 3163
Ph: 03 9568 3700
www.organicoz.com.au/

Melbourne University Food Co-operative

First Floor, Union House
Melbourne University, Parklands 3052
Ph: 9347 8716

Grasslands Organic Grocery & Catering

211 Nicholson St, Footscray 3011
Ph: 9362 0830

Ripe the Organic Grocer

Shop 7, Prahran Market, 163 Commercial Rd,
Prahran 3141
Ph: 03 9804 8606

Earthcare Wholefoods

187 Maroondah Hwy, Healesville
Ph: 5962 3873

Belgrave Organics

1677 Burwood Hwy, Belgrave
Ph: 03 9754 8800

The Green Basket

PO Box 277 Woori Yallock VIC 3139
Ph: (03) 5964 8255
www.thegreenbasket.com.au/

GreenHome... transport

Active Transport starts at your front door

With average use an Australian family car travels 13,900km a year, generating about 6 tonnes of greenhouse pollution and costing its owners \$7,700

THE REAL COST OF PRIVATE TRANSPORT

When you factor together the price of petrol, car insurance and maintenance, parking permits and (quite possibly) speeding tickets, the costs of owning a car adds up. And the strain on your hip pocket gets bigger, the bigger your car is. Not to mention the strain on the environment.

Cars and other road transport are major contributors to greenhouse pollution. Cars, trucks, vans, motor bikes and buses contributed 13% of Australia's total emissions in 2002 - most of this was from cars. And these numbers keep growing: emissions from transport in Australia have grown by almost 30% over the last 15 years.

As well as greenhouse pollution, vehicle exhaust causes air pollution including smog (from volatile organic compounds) and particulate levels. This can have serious health and wellbeing affects in urban areas. Young people, the elderly and people with respiratory problems in particular are affected. In fact, air pollution kills about 4000 people every year which is more than the number killed in traffic accidents (1723 people in 2004).

Both cars and freight on our roads are increasing. More and more space is being taken up to support all the extra traffic and it's leading to traffic congestion and increasing loss of open and natural spaces. For example, in Melbourne, around 40% of urban land is taken up by roads, driveways, and car parks. In some suburbs it's up to 70%! One example, in Ringwood (metropolitan Melbourne), 62% of urban land consists of roads and carparks.

SO WHAT CAN I DO?

Active Transport is the alternative to driving a private car everywhere. It's about walking and cycling that can be done alone or combined with catching public transport. A half hour a day of brisk walking or cycling is a great way to get a healthy dose of exercise and help to prevent cardiovascular disease, reduce risk of obesity, adult-onset diabetes and osteoporosis, as well as helping keep you psychologically healthy .



GreenHome's

top five transport tips

1. Out of the car and on yer bike!

OK, so this was always going to be an obvious action, but deservedly so, when you consider that if every vehicle owner in Victoria reduced their travel by as little as one kilometre a day, 346,000 tonnes of greenhouse gases would be saved. And with every litre of petrol saved, greenhouse pollution is reduced by 2.5 kilograms (that's 325,000 tonnes of greenhouse gas saved!).

Cycling is pollution free transport and you might be surprised at how quick and easy it is to bike around. For trips of under 5km it's usually quicker to ride than to drive, and if you're travelling into the city in peak hour even a 15km ride will be quicker than a car trip. And that doesn't include the time saved, because you don't need to go to the gym. Cycling is free, lots of fun and parking right in front of your destination is a breeze. Next time you're about to jump in the car to travel to the corner shop think about the real impact you're having on the earth and your wallet and consider going for a stroll or riding your bike.



GREENHOME FACT:

Cycling just 10 km each way to work once a week, instead of driving, saves about \$770 in transport costs and 600kg of greenhouse pollution each year.

2. Take the train, get on the bus

If you can't walk or ride to your destination, public transport is the next best way to cut your transport Greenhouse pollution. To find out about Melbourne's trains, trams and buses – call Metlink on 131 638 or check out: www.metlinkmelbourne.com.au to see which services will meet your needs.

If giving up the car altogether isn't an option, try to reduce the numbers of trips you make. Travelling by a different mode of transport one day a week will make a big difference. Plan ahead so that short trips can be avoided and set yourself distance targets (for example: 5 km) under which you will not drive.



GREENHOME FACT:

With every litre of petrol you save, greenhouse pollution is reduced by 2.5 kilograms.

GreenHome's

top five transport tips

3. Car Pool with friends and colleagues.



GREENHOME FACT:

The RACV estimates that the weekly operating costs of a car range from \$100 for a light class car to \$270 for a 4WD (that includes purchase, operating, financing and depreciation costs). Think how much you would save by sharing a car.

Carpooling is a fantastic option when public transport or cycling don't fit your needs. Carpooling gives you a chance to get to know your colleagues, friends and neighbours better, and it reduces the number of cars on the road (and hence improves air quality and reduces greenhouse emissions). It also means you get to share the load of driving – improving your quality of life too!

Share a car: Much of the environmental impact of cars comes from the manufacturing and maintenance side of things, so it's a good idea to try and avoid buying one in the first place. Explore the idea of sharing a car with a relative, partner or friend, or join a car-sharing program.

Melbourne now has two car share companies, where you pay a membership fee to join, then pay a small hourly fee each time you hire the company's car. Cars are parked in council-donated locations in selected suburbs. If you drive less than 15,000kms a year, car-sharing is cheaper than owning your own car. Visit: www.flo.net.au or www.goget.com.au for more info about car share options in Melbourne.

4. Avoid air travel



GREENHOME FACT:

Avoiding one return Melbourne to Sydney air trip saves 390kg of CO². That's about three times more greenhouse gases than a train or a bus.

Like cars, aeroplanes are major contributors to the greenhouse effect, and are one of the fastest growing sources of greenhouse pollution.

In particular, they emit high levels of carbon dioxide (CO²), nitrogen oxides (NOx) and water vapour. NOx emissions from aircraft are responsible for ozone depletion in the stratosphere and also contribute to smog build-up in our cities.

So where possible, you should rethink your air travel needs. For your next break discover the secrets of your own state rather than taking an air-based holiday.

GreenHome's

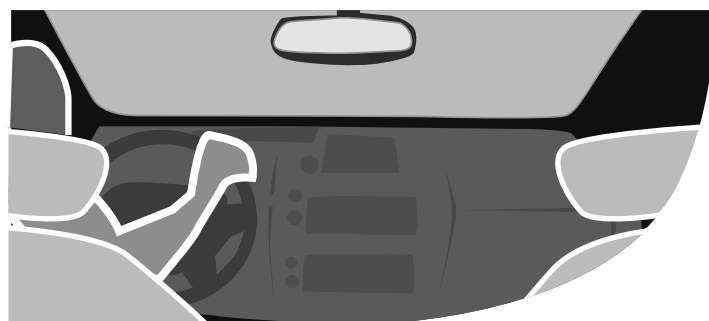
top five transport tips

5. Drive Efficiently

There are times when driving is the only available choice but you can still minimise your impact by choosing the smallest, most efficient car that meets your needs.

When you absolutely have to drive, make a conscious effort to be an efficient driver and keep your car in excellent working order. By simply adjusting some of your travelling methods you can improve the fuel efficiency of your car and reduce its emissions:

- By avoiding stop and start traffic and driving smoothly you can save up to 30% of greenhouse pollution.
- Keeping the engine of your car tuned will reduce emissions by 5-15%.
- You can save up to 100 kg of greenhouse pollution each year by ensuring your tyres are kept at the maximum recommended pressure.
- Reducing the amount of unnecessary weight in the car will improve its fuel efficiency.
- Use the air-conditioner sparingly but when you're driving over 80 km/h it is more efficient to have the air conditioner on than an open window.



GREENHOME FACT:

Switching the engine off rather than letting it idle (for anything longer than 10 seconds) saves more fuel than is used when you restart.

DID YOU KNOW?

The RACV has undertaken a detailed study of the true costs of operating private vehicles incorporating depreciation, rego, insurance, maintenance and interest as well as fuel.

The results for several vehicles in each category are available at:

www.motoring.racv.com.au/racvm/whichcar/opcostdescription.cfm

You can also calculate your car's yearly greenhouse emissions at:

www.motoring.racv.com.au/racvm/service/environment6.cfm

In summary the findings are as follows:

Vehicle type	Average Cost (c/km)	Average Cost (\$/week)
Light	42¢	\$130
Small	58¢	\$182
Medium	74¢	\$212
Large	81¢	\$232
People mover	83¢	\$321
Prestige V8	83¢	\$237
Compact 4WD	64¢	\$191
Medium 4WD	88¢	\$253
Large 4WD	93¢	\$268

Some Great active transport options

Walking school bus

This is a great way to reduce the many short car trips ferrying children around schools each day.

A walking school bus is a group of primary school children who walk to and from school along a safe and enjoyable set route, accompanied by a minimum of two parent driver/supervisors per bus. One parent 'drives' at the front of the bus, the other parent at the rear. Additional parents may be needed depending on the local requirements. The walking bus picks up 'passengers' along the way at designated 'bus stops'.

Many school communities have started their own walking bus programs, which support increasing needs to change our travel choices. Each child who is part of a walking school bus is potentially one less vehicle on the road. This eases traffic congestion, increases safety and reduces pollution. If you think a Walking School Bus might be right for your school, check out the 'How to set up a Walking School Bus' website: www.travelsmart.gov.au/schools/schools2.html#how

10,000 Steps

10,000 Steps is an exciting initiative that started in Queensland in 2001. The idea of the program is to encourage people to take at least 10,000 steps per day to improve their health. The project has successfully motivated local communities, workplaces and individuals to increase their physical activity levels across the country.

Walking at least 10,000 steps per day is not only good for your health but also a great way to incorporate active transport into your life. You may like to encourage your workplace to become a registered provider. You and your workmates can join the 10,000 Steps Challenge or you may prefer to keep your own log and aim to increase your daily activity. To participate you just need a pedometer and a logbook. These are available from ACF and at GreenHome workshops. The 10,000 Steps website has loads of helpful tips and downloadable record sheets to get you on your way: www.10000steps.org.au

Bicycle Victoria

Bicycle Victoria (BV) is the state's peak community cycling organisation. You can become a member of BV and receive bike crash insurance and support, information and a newsletter about bike riding and bike activities in Victoria. BV organises the annual VicRoads Great Victorian Bike Ride and Ride to Work Days. Check out their website: www.bv.com.au.

Bicycle Users Groups

Bicycle Users Group (BUG) members are ordinary people, at all levels of fitness, who meet locally to ride a variety of bicycles for transport, recreation, exercise and fun. BUGs also promote the safe use of bicycles, road safety and education and often advocate better outcomes for cyclists in their local area.

If you want to start your own BUG, the Bicycle Victoria website www.bv.com.au links to a PDF 'Starting a Bicycle User Group'. You can also find a document listing Victorian Bicycle Users Groups, which includes the following BUGs:

Brunswick Bicycle Users Group (BrunsBUG)

Open workshops and bike maintenance courses at CERES Community Environment Park, 8 Lee St, Brunswick East
Fridays and Saturdays, Phone Thorin Quinn: 0421 727 998

Darebin BUG

Download application form via 'Join Us' link on website:
www.darebinbug.org.au, Phone
Kathleen Kemp: 03 9482 3276, or Ray Davis: 03 9470 3029

Melbourne BUG

Meets first Wednesday of the month, 6.30pm at Café Prudence, 368 Victoria St, North Melbourne
info@melbournebug.org

Yarra Bicycle Users Group (YarraBUG)

Meets third Tuesday of the month, 7.30pm at Suede Bar, 284 Smith St Collingwood. All welcome.
Phone Chris Star: 0407 825 467

GreenHome's

workshop note page

GreenHome... cleaning and shopping

Smart Shopping and a Chemical-Free Home

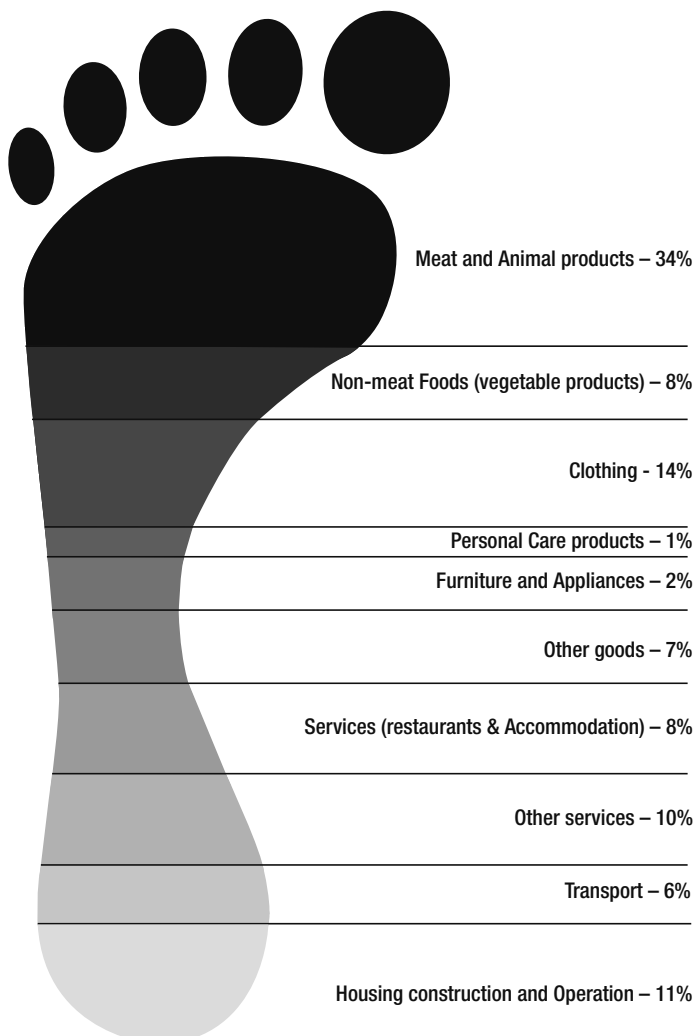
IN THIS SECTION WE'LL COVER TWO ISSUES:

- How to make smart purchasing decisions to benefit the environment
- and
- How to eliminate toxic chemicals from your home (turn to page 53 for this section)

SO WHAT DOES SHOPPING HAVE TO DO WITH THE ENVIRONMENT?

Every week we make hundreds of purchasing decisions – buying food, toiletries, clothes, appliances, toys, magazines, CDs and books. All of these purchases have some impact on the environment because it takes energy, water and materials/waste to create and supply all products.

The footprint here shows the environmental impact of what the average Australian household consumes, as measured by the land area required to produce these goods and services. This is known as our eco-footprint. You can see that the biggest impacts come from the food and goods that we buy every week. (NB Land area is just one way of showing our impacts and may underestimate other issues such as greenhouse gases.)



WE ALL NEED TO SHOP – WHAT CAN I DO?

We can all be smart about what and how we buy - this will cut down on wastage plus it will often save us money. In 2004 on average each Australian household wasted \$1,226 on items purchased but unused, according to research by the Australia Institute. We can all think of unused clothes in the cupboard, books and DVDs we've not opened, or food we threw out. We can avoid this wastage if we stop before we shop and ask ourselves what we really need - or don't need - to buy.

There are some other simple shopping habits to get into to help the environment. Buy products made from recycled materials (paper, plastic, metal). Buy second hand – every second hand bike, table, or vase that you buy means that another new one doesn't have to be made. Likewise, if you borrow something from a friend rather than buy it, you will have saved another lawnmower, car or powerdrill from being produced. Finally look for goods that will last – good quality clothing, furniture or appliances that are more durable and can be repaired are much better for the environment.

GreenHome's

top five tips for shoppers

1. Do I really need it? Can I cut down?



GREENHOME FACT:

Research by the Australia Institute found that in 2004 Australian households wasted a total of \$10.5 billion worth of food and goods that were never or barely used.

As a general rule the more you spend, the more impact you are having on the environment.

Sure, some things you buy will have less impact and there are some goods we just can't do without. But there are things we can all change. Here are some tips to guide you:

- When you go shopping make a list and stick to it - don't be talked into things you don't need by the advertising or product placement.
- As a general rule, spending on services rather than physical products will have a lower environmental impact, for example buy someone a massage voucher rather than a foot massage machine for a gift.
- Put your money into something that benefits the environment, such as plants or nature projects, environmental charities or other environmental projects.

Think back over the past year – are there any goods that you bought that you've not used? Most of us can think of some clothes, an appliance or perhaps old vegies in the fridge that were wasted.

2. Buy Clothes (and everything) to last



GREENHOME FACT:

The amount of water used in the production and transport of clothes bought by an average Australian household each year is 150 000 litres - buying second hand clothes or repairing old clothes could save much of this water.

Clothing has a large eco-footprint mainly because of the environmental impact of cotton and wool (although synthetic fibres do have some impact).

The best way to reduce the environmental impact of the clothes you buy is to only purchase good quality items that you know will last a long time. And while good quality sometimes costs more, think of the savings to the planet (and to you in the long term!)

Huge amounts of water, energy and chemicals go into making every product we buy. By buying fewer items, and ones that last a long time, we're doing the environment a favour.

On average worldwide, every new T-shirt made takes about 1.5 kilograms of chemicals (pesticides and fertilizers) to produce.

GreenHome's

top five tips for shoppers

3. Buy Australian and local

When you purchase things that are produced in Australia, rather than overseas, not only are you supporting Australian industries and jobs, but also you're reducing the air pollution and greenhouse gas emissions caused by transport.

By choosing locally-made products less fuel will be used to transport the product from the factory to the shop. So look for products that state "Product of Australia" not just "Australian Made" on them or ask the shopkeeper where it comes from.

The other advantage of buying a local product is that often there is more information available about the environmental standards of the company who made it – or if you're concerned it's probably easier to get in touch with a local company and ask them: Where does your chemical waste from making this product go? or Did you use recycled paper to make this product?



See the Food Section for more information about Growing Your Own Food, buying from farmers markets or direct from the producer– that's a great way to reduce the "food miles" of what you eat.

4. Can I borrow your...?

Just like cars, much of the environmental impact of appliances comes from manufacturing and maintenance. So if you can borrow or rent something rather than buying it, leap at the chance.

Many appliances and goods can be leased or rented and returned when you're finished with them. This is perfect for those items that you use infrequently such as lawnmowers, power tools, cleaning equipment and camping gear.

If you are dead set on buying something, before you go out and spend a small fortune ask your friends and family if they would be interested in sharing (and chipping in for) it. That way you can all share the benefits of it and also share the cost of its upkeep.

You don't need a new tool for a one-off job!



GREENHOME FACT:

Share a car with a friend or family member instead of having two cars and you'll save around 83,000 litres of water and 8 tonnes of greenhouse pollution that goes into producing a mid-size car.

GreenHome's

top five tips for shoppers

5. Buy recycled and recyclable



GREENHOME FACT:

In Australia 180 tonnes of solid materials per person is used every year when you account for total industrial and household consumption including mining, forestry, agriculture, and manufacturing (including what's exported). Buy products that are recycled or reused and we can reduce this amount significantly.

Ever wondered where all your kerbside recycling ends up? It gets turned into a huge array of recycled paper, plastic, steel and aluminum products. And we can support these industries by buying their products.

These days you can buy almost anything in a recycled format - office paper, toilet paper and paper towel, chairs, computers, tables, clothes, bags and wallets to name a few.

Try to buy recycled-content products. But also look for products and packaging that you know can be recycled – and make sure you recycle them!

Buying second-hand goods is an even better sort of recycling. Next time you plan to shop, think about whether you can get it second hand. Look on the internet (E-Bay or Trading Post), try second-hand shops or garage sales, or bulletin boards. It's usually cheaper too.

When you've finished with something, don't throw it out, recycle it! Donate your clothes to charity (or if they're totally worn out, use them as rags, or donate them to patchwork groups). This way the cycle continues.

Online directories of environmentally friendly products and services:

Sustainable Living Directory

Sustainable Living Foundation. Includes a directory of green companies and an ethical shopping guide.

Ph: 03) 9412 7888 www.slf.org.au/directory

Eco-Shout Green Directory

Eco-Shout is a new Melbourne-based environment portal:

www.eco-shout.org.au/greendir.php

Your Home: Design for Lifestyle and the Future

Australian Greenhouse Office. An online guide to sustainable home design, technical manual and consumer guide. List organisations who can help you make your home more environmentally friendly:

www.greenhouse.gov.au/yourhome

Some Victorian or national businesses that specialise in environmentally-friendly, and non-toxic products and furnishings for the home include:

Going Solar

Ph: 9348 1000 www.goingsolar.com.au/
Specialising in solar power and alternative energy systems, household items, cleaning products, non-toxic paints
Ground Floor, , 60 Leicester Street, Carlton 3053

Shiver Me Timbers

Recycled timber supplier
Showroom Address:
217 Kororoit Creek Rd, Williamstown 3016
www.shivermetimbers.com.au

See page 53 for more environmentally friendly products and services

Give away or pick up free household goods with Freecycle!

The Victorian Freecycle Networks are open to all who want to "recycle" that special something rather than throw it away. Whether it's a chair, a fax machine, piano or an old door, feel free to offer it. You can also find something for yourself. Everything offered must be free. Check out www.freecycle.org to find your nearest freecycle network in Victoria.

GreenHome's

workshop note page

More Victorian or national businesses that specialise in environmentally-friendly, and non-toxic products and furnishings for the home include:

Alternative Technology Association (ATA)

Ph: 03 9419 2440

<http://www.ata.org.au/>

ATA has a web shop offering products for a sustainable home: shops.bizarsoftware.com.au/ATAShop

Organic Wholefoods

Stockists of environmentally-friendly cleaning products
452 Lygon St, Brunswick East, 3057, **Ph:** 9384 0288,
and 277 Smith St, Fitzroy 3065, **Ph:** 9419 5347

www.wholefoods.com.au

The Environment Shop

Environmental products and services
221 High Street, Northcote 3070

Ph: 03 9489 4855

www.environmentshop.com.au/index.asp

One Stop Timber Shop

c/o The Wilderness Society
247 Flinders Lane Melbourne 3000

Ph: 1300 767 788

www.timbershop.org.au/

The Organic House

Online shop selling a range of organic products such as skin care, bathroom products, garden products, books, herbal teas

www.theorganichouse.com.au/

Healthy Dwelling Pty Ltd

Information, products and services for healthy homes
355 Burwood Road, Hawthorn 3122

Ph: 03 9818 0084

www.healthydwelling.com.au/

Healthy Habitat

Non toxic and healthy products; online shop (based in Sydney). Level 1, 16 Herbert St, Artarmon 2064 NSW

Ph: (02) 9437 0829

www.healthyhabitat.com.au

Neco

Eco-hardware store; green cleaning, pest control etc.

Ph: 1300 88 26 40

www.neco.com.au/

Cruelty-Free Shopping









For a list of products which are not tested on animals or use animal ingredients. Choose Cruelty Free Preferred Products List

www.choosecrueltyfree.org.au/list.html

GreenHome's

what label is that?

Eco-labels can help you make environmentally-friendly purchasing decisions. These are logos on a product that show the product is certified by a recognised accreditation system which has set the standard of what is or is not environmentally-friendly. Examples are organic food, fair trade coffee and energy ratings of appliances. Here are the most common eco-labels you will find in Australia.

Label	What it means
	<p>Products carrying the Fairtrade Certification Label are those that have been produced and sold ensuring that the third world producers, workers and communities, normally disadvantaged through current international trade rules, get a fair return for their products and labour. The Label is most commonly found on commodity products, such as coffee and tea. An increasing number of cafes, retail outlets and supermarkets are selling Fairtrade products in Australia. See www.fta.org.au to find where you can buy Fairtrade in your community.</p>
	<p>Organic labelled products refer to any fruit or vegetables, crops, plants or meat products that are raised on a farm certified as organic – that is, they use no artificial fertilisers, pesticides or herbicides and no genetically-modified species. www.australianorganic.com.au</p>
	<p>As with the one above, they use no artificial substances in farming. They also state that “humane care of animals, active soil care, pollution reduction, erosion control, shelter belts, efficient water usage and proper food handling are all part of the ethos of the organic producer.”</p> <p>Run by the National Association for Sustainable Agriculture Australia www.nasaa.com.au</p>
	<p>The National Water Conservation Rating and Labelling Scheme is a voluntary scheme administered by the Water Services Association of Australia (WSAA), which enables consumers to easily identify and select water efficient products. Products currently covered by the scheme include: shower heads, dishwashers, clothes-washing machines, urinals, taps, toilets, and flow regulators. For a list of rated products from 1A to 5As see: www.wsaa.asn.au</p>
	<p>For most new appliances (fridges, washing machines, air conditioners etc) there is an energy rating system. Stickers on the products show a star energy rating. The more stars, the more efficient the product. Remember the stars only compare similar appliances so you also need to look at the number, that's how much energy the product will use over a year.</p> <p>See www.energyrating.gov.au for more details.</p>
	<p>ENERGY STAR is an international standard for energy efficient office equipment including computers, printers and photocopiers, and home electronics such as TVs, audio products and DVD players. Labelled products reduce the amount of energy consumed by either automatically switching to a 'sleep' mode when not in use and/or reducing the amount power used when in 'standby' mode.</p> <p>(Be aware - this often needs to be activated when you buy the new equipment). www.energystar.gov.au/</p>
	<p>A national ecolabelling scheme has been developed for a range of consumer, building and industrial products. There are different standards for each product category which are based on the full environmental impacts of a product from cradle to grave. For a list of certified products see and more sustainable living information see: www.goodenvironmentalchoice.org.au</p>
	<p>GREEN GLOBE 21 is the global Benchmarking, Certification and improvement system for sustainable Travel & Tourism. Tourism businesses with this label are required to consider the environmental impact of their business in the areas of energy, water, waste, biodiversity and noise and work to improve it. www.greenglobe21.com</p>

Creating a non - toxic home

The chemical cocktail in the cupboard

The average household uses a vast array of toxic and hazardous chemicals for cleaning, renovating and getting rid of pests around the home. Many other chemicals enter our lives through the food and drink we consume. Other sources of contamination include “environmental pollutants” emanating from carpets, air fresheners, cigarettes, woodsmoke, paints, mouldy walls/floors, car upholstery and other plastic and vinyl surfaces we are exposed to daily.

PERSISTENT, BIOACCUMULATIVE AND TOXIC CHEMICALS

As a result of using these products many chemicals remain in our surroundings – in the air, the soil and waterways. Some accumulate in our bodies and can remain there for many years. Some chemicals are known to damage living things – including human health - and upset the fragile balance of our natural environment. Some examples include mercury, Aldrin/Dieldrin (organochloride pesticides that are still used for termite treatments in Australia), Diuran and furan (by-products from the creation of PVC) and HCB (a by-product of chemical manufacturing processes - Botany Bay has the biggest storage of HCB in the world with over 10,500 tonnes in barrels awaiting destruction).

HORMONE DISRUPTORS

Scientists have recently identified another class of chemicals that can cause potential harm to the reproductive systems of humans and wildlife. This class of chemicals is known as endocrine or hormone disruptors. Chemicals that have been identified as hormone disruptors include those used in plastics, glues and inks, vinyl floor tiles and anti-bacterial sprays.

SENSITIVE GROUPS

Some members of the community have a greater susceptibility to chemical exposure. Children in particular are at greater risk of exposure to chemicals as they eat, proportionally to their body weight, more food, drink more water and breathe more air than adults. In addition they have greater hand to mouth contact with surfaces and their bodies may not be capable of detoxifying chemicals as well as adults. Other people who may be more susceptible to chemical exposure include asthmatics, people with chemical sensitivities and allergies and children with hyperactivity – they may already be feeling the effects of the chemicals in their environment.

DETOX YOUR LIFE

BUT if you switch to cleaning your home without harsh chemicals, avoid household insect sprays, pesticides and other harsh chemicals, and choose eco-products for renovating, you will avoid exposing many of the toxic substances to your home and the environment. You'll also save a lot of money and reduce waste by not buying so many expensive cleaning and household products.

Fast facts:

- The average Australian spends between 80 - 90% of their time indoors
- Australia still allows the use of numerous pesticides that have been banned in the US and Europe, such as Chlorpyrifos, atrazine, and copper-chrome arsenate (CCA) timber.
- International studies have identified over 300 different man-made chemicals within human blood, fatty tissue and breastmilk, to which our grandparents were never exposed

GreenHome's Household Chemicals Audit

Use this chart to find out what chemicals you are using in your home and what you can use instead.

House Cleaning	How much does my home use? (containers per year)	What can I use instead?
Often you don't need any cleaning products. Try warm water and a textured or microfibre cloth first (with a bit of elbow grease). If this is not sufficient, try the following natural cleaning remedies.		
Floor cleaner		4 litres warm water with 1/4 cup vinegar for wood; warm water with drop of mild detergent for other floors.
Spray surface cleaner		Plain soap or lemon juice diluted in water.
Abrasive surface cleaner		Bicarb of soda on a damp cloth.
Window Cleaner		Window cleaning cloth; vinegar and water.
Furniture polish		1 part lemon juice & 2 parts olive oil or beeswax.
Carpet cleaner		Bicarb of soda (sprinkle on stains, then vacuum).
Dish detergent		Pure soap in water; vinegar to rinse.
Dishwasher powder		Bicarb of soda.
Rinseaid		White vinegar.
Oven cleaner		Paste of bicarb and water; leave for 2 hours.
Toilet cleaner		Warm soapy water (one small drop of mild detergent in water)
Tile cleaner (mould)		1 cup of borax, 1 cup of bicarb, 5 drops of Eucalyptus oil or any other essential oil
Toilet bulb		Clean toilet regularly with scrubbing brush and use eco-friendly air fresheners.
Clothes Washing and Maintenance	How much does my home use? (containers per year)	What can I use instead?
Washing powder/liquid		Pure soap mixed with washing soda.
Bleach		Lemon juice in water. Borax in the wash.
Fabric softener		Washing soda added to wash.
Stain remover		Pre soak in washing soda or borax and water.
Nappy treatment		Soak in white vinegar & water. Wash in soap and dry in sun.
Shoe polish		Beeswax.
Clothes dyes		Plant based inks, natural, undyed fabrics.
Odours	How much does my home use? (containers per year)	What can I use instead?
Air freshener spray		Essential oils mixed with water in spray bottle.
Air freshener bulb		Lavender sachet; pot pourri.
Toiletries	How much does my home use? (containers per year)	What can I use instead?
Shampoo/ Conditioner		Natural shampoo/conditioner with essential oils.
Soap		Natural vegetable soaps.
Perfume		Essential oils.
Toothpaste		Natural-based toothpaste. Bicarb and peppermint.
Moisturiser		Pure vegetable oil with essential oil.
Face Cleanser		Plain, fresh yoghurt.
Deodorant		Aluminium free; non-aerosol. Crystal.
Pesticides	How much does my home use? (containers per year)	What can I use instead?
Ant, cockroach powder		Honey/jam mixed with Borax (NB poisonous)
Mosquito coil		Citronella candles
Personal insect repellent		Citronella, baby oil & Dettol, lavender oil.
Garden	How much does my home use? (containers per year)	What can I use instead?
Insect spray & Weed spray		Pyrethrum, neem or rotenone – but beware these may harm non-target insects.
Snail bait		Sprinkle sawdust, shell grit or sand around plants.
Aphid spray		Garlic spray
Renovating and Maintenance	How much does my home use? (containers per year)	What can I use instead?
Paints		Plant based, low and non-VOC paints and varnishes.
Finishes		Natural oils, and waxes.
Building materials		Use natural materials such as plantation or recycled wood, stone, clay, steel, brick, glass.
Carpet		Natural furnishings like untreated cotton, linen, canvas,
Curtains and fabrics		hemp, wool, silk, rayon, feathers, down, latex rubber, lino-
Furniture		leum, wood, bamboo.
Children's Toys		Wooden toys, non-PVC toys.

GreenHome's

top 5 non-toxic tips

1. Clean your home the green way

Most cleaning products you find in the supermarket and hardware store are extra-strength cleaners which can contain harmful solvents, acids and corrosive chemicals which can harm the environment and the health of you and your children. They also create packaging waste and cost you a lot of money.

The best green cleaning approach is to try warm water and a textured or microfibre cloth first. This will work for most cleaning situations. If you need something more than water and elbow grease, try the remedies in the table on page 54. Grease build-up is particularly tricky - you might need to try bi-carb mixed with castille soap. Stains are the other challenge where you might need more than water - try glycerine on organic stains and dabbed off with warm water.

It's also important to regularly maintain and clean our homes so harsh chemicals are not needed.



GREENHOME FACT:

By ventilating the rooms of your house you can reduce your exposure to indoor air pollution from household chemicals and furnishings.

2. Prevent pests

One of the easiest ways to avoid pests in the home and reduce dust mites is to keep your house clean! (see above).

But there will always be insects that we want to remove from our kitchen, bedrooms or outdoor area. Here are some solutions to scare off the bugs, but not your family and friends. All the items listed here are available from supermarkets, unless noted otherwise.

Before using sprays and baits work out where the pests are coming from and see if you can stop them from getting in. Always wipe down food preparation surfaces after use.

- To deter moths and silverfish use lavender oil or cloves
- To deter ants or cockroaches mix borax with honey or jam and leave it on the ant or cockroach trail. Borax is poisonous so put it out of the way (eg under the fridge). You can buy borax from most pharmacies.
- Mice are repelled by peppermint oil.
- Possums are repelled by cayenne pepper.
- A good personal mosquito repellent is baby oil (1 part) mixed with Dettol (2 parts); also lavender oil.
- To repel mosquitos in a room burn citronella candles
- Swat flies and other insects rather than spray



Prevent pests without using hazardous chemicals

GreenHome's

top 5 non-toxic tips

3. Natural Beauty and Safe Toiletries



GREENHOME FACT:

Over a year a woman may absorb up to 2kg of chemicals from the toiletries and cosmetics she uses.

Most toiletries contain an array of synthetic chemical additives that can cause allergies and may cause long-term health impacts.

Such products tend to be applied daily to the skin and for long periods of time, during which you could be absorbing up to 60% of these substances through your skin.

To reduce the danger of absorbing such chemicals, and to reduce these chemicals going into the environment, try to avoid synthetic fragrances and artificial colours.

Look for natural beauty products that contain plant-based ingredients – and better still organic ingredients - and are fragranced with essential oils. There are many brands around which use plant-based ingredients (but check the labels or ask the company!). If you can avoid using a product in the first place, this is always the best solution – you may find your skin prefers it too.

4. Buy organic or remove residues



GREENHOME FACT:

Most of the chemical residues found in conventional fruit and vegetables are in the peel or skin.

Pesticide and herbicide residues are present on the majority of the fruit and vegetables we eat, so wash or peel before you eat.

The government has set limits of each individual pesticide and herbicide on our food, however they do not account or measure the potential impact of them combined on our bodies. The best way to avoid this risk is to buy organic or wash and peel your fruit and vegetables before eating them.

Organic foods, drinks, and health and beauty products are those that use no artificial fertilisers, pesticides or herbicides and no genetically-modified species in them.

The big benefit of buying organic is that you won't be taking in the chemicals from pesticides and fertilisers nor the hormones or antibiotics used for conventional animal products. See section 4 for more details about organic Food and Gardening.

Biodynamic produce is another similar healthier option. Biodynamic farming also avoids the use of water-soluble fertilisers and chemicals – it's also great for the environment as its primary aim is to redeem dead soils and make farms viable without the use of chemicals.

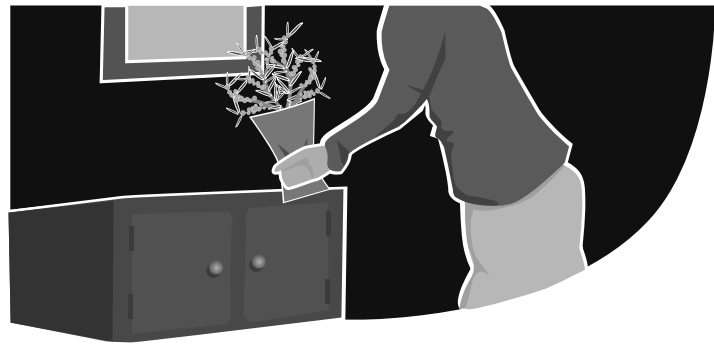
GreenHome's

top 5 non-toxic tips

5. Non-toxic decorating and renovating

Many home furnishings, finishes, paints, glues, and even dry-cleaned or new clothing contain chemicals that become airborne at room temperature. These chemicals, called Volatile Organic Compounds (VOCs) include formaldehyde and benzene which can contribute to an unhealthy indoor environment. Tips on how you can reduce or eliminate your risk of exposure:

- PVC is one material to avoid – it can emit VOCs for years. Lead is another highly toxic chemical that may be present within your home. The main sources of lead are paint, lead pipes, household dust and soil. Visit The Lead Advisory Group at www.lead.org.au.
- Avoid the use of Copper Chrome Arsenate (CCA) treated pine and particleboard in all situations
- Choose natural furnishings such as untreated cotton, linen, canvas or untreated wood
- Build and renovate using natural materials such as recycled wood, stone, clay, or glass
- Finish surfaces with natural oils, waxes and plant based paints and varnishes



GREENHOME FACT:
Many manufacturers now produce a range of low VOC paints -ask your local hardware staff for more information

DISPOSING OF CHEMICALS

In some situations you may find that you have leftover paints, pesticides, varnishes, batteries, pool chemicals and harsh cleaning products. Under NO circumstances should you throw these in the normal bin, down the drain or into your garden.

PLEASE STORE AND TRANSPORT YOUR CHEMICALS CAREFULLY

- NEVER MIX CHEMICALS as this may produce dangerous reactions. Try to keep all chemicals in their original containers.
- Ensure containers are clearly labelled and well sealed. If you do not know what is in the container, label it UNKNOWN CHEMICAL.
- Liquid can leak during transport. Wrap containers holding liquids securely in newspaper and place them into sturdy plastic bags, then pack in plastic buckets or trays.
- Keep household chemicals away from passengers, e.g. in the boot.

In metropolitan and rural areas there are a number of hazardous waste collection days. To locate your local collection contact EcoRecycle Victoria (Sustainability Victoria) on 1800 353 233 – their website also has a calendar of free household chemical collections: www.ecorecycle.sustainability.vic.gov.au

More information:

Info on chemicals in the home, office, in food and other products can be found at the Total Environment Centre's web site: www.tec.org.au/member/tec/projects/tcye/ or www.safersolutions.org.au

Children's Environmental Health Coalition also has an excellent website that provides practical advice on creating a healthy home www.chechnet.org/ehouse

Greenpeace's chemical home has tested a number of common products and ranked them for their use of hazardous chemicals www.greenpeace.org.uk

Useful books:

A-Z of Chemicals in the Home, Total Environment Centre, Choice Books, 2003, www.choice.com.au

The Green Cleaner, Barbara Lord, Crown Content, 1999.

Pure Living, Sally Bevan, BBC Books, 2004.

The Chemical Maze, Bill Statham, www.possibility.com.au

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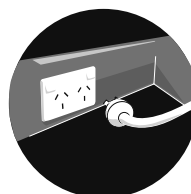
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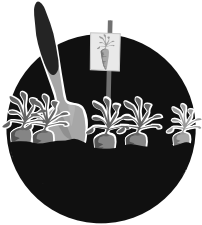
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GREEN CLEANING AND GREEN SHOPPING

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