



RAHAMIM
ECOLOGY
CENTRE

Rahamim's Top Ten Tips

For Eco-Living



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- 1. Reduce your food waste:** Plan your meals and shop accordingly, start your own compost or even take Rahamim's new online course "waste to living earth".
- 2. Reduce your reliance on single use plastics:** Try shopping at stores that use minimal or no packaging, always remember your canvas shopping bags, refuse coffee unless its in your own reusable mug, buy more fresh foods and eat less processed foods. Use soap and shampoo bars instead of bottle soap and buy bamboo toothbrushes instead of plastic.
- 3. Try eating less meat:** Not only will you live longer, your groceries will cost less and you will be dramatically reducing your carbon footprint by choosing to go meat free a few times a week.
- 4. Bike, walk, car pool or use public transport instead of driving your car:** Another way to help the planet that has health benefits for you.
- 5. Buy local:** Whatever it is you need, try to get it from a local source or at least make sure it's Australian made. This cuts down on your carbon footprint as your purchased items haven't had to travel as far.
- 6. Change your lights:** Light emitting diodes (LEDs) and compact fluorescent lamps (CFLs) will cost you far less to run than halogen and other incandescent lights. Energy-efficient CFLs can also last up to ten times longer than traditional ones.
- 7. Make it yourself:** Try going DIY and if you need something make it instead of purchasing. Handmade items and food make wonderful gifts too!
- 8. Know your neighbours:** In any emergency your neighbours will be the ones to help you out and likewise you can help them.
- 9. Buy Less:** Only buy something if you really need it or if you must buy something try to find it second hand or buy a fair-trade version.
- 10. Research:** If you want to be an eco-warrior then do your homework. Not sure if something is ethical...then research it and find out the most environmental and ethical solution.