20 ways to reduce your carbon footprint, save money & be more sustainable

1. Switch off unneeded lights.
2. Turn electrical appliances off at the power point. Standby power accounts for about 12% of the average home’s energy use.
3. Turn down your heater. Every degree over 22°C adds about 10% to your heating bill.
4. Use your clothesline, instead of the dryer.
5. Keep lids on pans when cooking.
6. Consume less, buy only what you need. Make a shopping list.
7. Use your washing machine and dishwasher, only when full.
8. Walk or ride a bike for short trips. Bikes are the most efficient form of transport, produce no waste and improve our health.
9. Maximise the efficiency of your fridge. Keep door opening to a minimum, cool food before putting it in, don’t overfill, set the thermostat at 4°C, check door seals, clean dust off exposed rear coils and ensure there is at least a 5cm air gap around fridge for ventilation. If you have a second fridge, only turn it on when you need it.
10. Recycle your organic waste. A compost bin or worm farm can be a simple and rewarding way to reduce waste.
11. Put a ‘no junk mail’ sign on your letter box.
12. Avoid, reduce, reuse and recycle paper at work and home. About one third of the garbage we throw away is paper.
13. Use mains electricity rather than disposable batteries if possible. If not possible, use rechargeable batteries.
14. Use the ‘6-star labelling system’ and energy/water consumption estimates to help buy efficient appliances and fixtures.
15. Grow your own fruit and vegetables or buy from local farmers markets. Locally produced food that is grown in sync with the seasons is fresher, and takes less energy to produce and transport to you.
16. Seal around doors, windows, vents etc. Draughts can account for up to 25% of heat loss from a home.
17. Replace incandescent globes with CFLs (compact fluorescent lights) or LEDs (light emitting diodes) CFLs last 10x longer and LEDs 50x longer. They can save you up to 80-90% on your lighting costs.
18. Prevent summer heat entering your home by installing external blinds and sun shades or plant deciduous trees; this prevents up to 90% of heat gain from direct light.
19. Prevent winter heat loss from your home by insulating windows with curtains and pelmets. During the day let the sun in.
20. Install insulation in the ceiling, floor and walls to dramatically reduce your home heating and cooling costs.

For more information visit the Latrobe Sustainable Living Guide at www.latrobe.vic.gov.au