

Remember:

# 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 to 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 upto 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](http://www.latrobe.vic.gov.au)



**Latrobe**  
City  
a new energy