

- **Eat seasonally:** eg, wait till summer for stone fruits, rather than importing in the off season.
- **Eat locally:** the freshest and environmentally friendliest food is grown in one's own garden.
*No transport cost to the grower or the environment.
If home-grown is not possible, make low 'food miles' choices by buying what's grown locally, rather than imported food.*
- **Eat less meat:** this reduces a diet carbon footprint considerably.
Also less meat means solidarity with the poor who eat much less meat than most others.

Recycling

- **Containers:** have separate bins for paper/cardboard and plastics/cans/glass.
Colour coordinate your indoor and outdoors bins.
- **Paper:** recycle as much as you can.
Be economical with toilet tissue. Use hankies rather than tissues.
- **Plastics, cans, etc:** know what your local pick-up accepts.
Rinse items lightly before binning.
- **Compost:** save fruit and vegetable scraps (except for citrus) for the compost container or heap.
If no compost, then bury scraps in garden soil.

Travel

- **Consider the options:** walking or cycling | public transport | car pooling | ... and lastly using a vehicle.
- **Motor vehicles:** avoid accelerating fast and braking hard. Watch tyre inflation.

Prepared by the
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Justice, Peace and Integrity of Creation
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Caring
 for
 our planet

Pope Francis, in *Laudato Si*, challenges the world to address the environmental issues of our time, indeed, of our future.

The members of the Marist Family's *Justice, Peace and Integrity of Creation* Committee offer these ideas, drawn mostly from their own choices, for taking more responsibility for our planet...

Electricity

- **Air conditioners, fans, electric blankets:** avoid unless really needed.
For winter TV watching use a blanket or doona. Time window opening/shutting for best conditions.
- **Carpet sweeper:** a simple alternative to the vacuum cleaner.
Vacuum only occasionally.
- **Washing machine:** wait for a full load, with the shortest cycle.
Use cold water and half the recommended detergent.
- **Clothes line:** nature's answer to a dryer.
Indoors, use a drying rack near an open window or in a warm room in cold weather.
- **Stoves and ovens:** avoid unless really needed.
Microwave and a sandwich maker are adequate for many meals.
- **TVs, radios and lights:** turn off when they are not being used.
Exception: when you are absent - an inexpensive security option.
- **Hand torch:** an inexpensive alternate to leaving room lights on throughout the house.



Water

- **Drinking water:** Where domestic tap water is potable, use it for refillable bottles instead of buying water in plastic bottles.
- **Teeth cleaning:** wait until ready to rinse before turning on the tap.
- **Ensuite toilet flushing:** not necessary every time.



- **Showering:** keep a bucket and use grey water for toilet flushing or garden.
- **Kitchen sink:** use a bowl for smaller wash-ups.
- **Rain water:** catch this in outdoor containers for your garden.
- **Waiting for hot water:** save the cold water for the toilet or garden, rather than let it go down the sink.
- **Washing machine:** (as for electricity) wait for a full load, with the shortest cycle.
- **Washing small items:** socks, underwear, etc can be easily washed in sink or shower.
- **Washing the car:** do it on the grass rather than driveway. Use a bucket, with minimum hose use.

Food

- **Planning meals:** it saves time, money and reduces food waste.
- **Before shopping:** Check the pantry and fridge, make a shopping list, then buy only what is needed.
- **When shopping:** check date labels and choose some short-term 'use by' items. This will encourage prompt use.
- **Left-overs:** use these and be creative with your next meal.
- **Storing food:** avoid stocking/refrigerating food unnecessarily.
Even frozen food does not last indefinitely. Progressively declutter your food stocks until only fresh food remains.
- **Eating out:** ask for smaller portions or a 'family/doggie bag'.