

1 Wash clothes in **cold water** whenever possible.

Up to 85% of energy used to machine-wash clothes goes to heating water!

2 Hang clothes on a **drying rack** or **clothesline** instead of using a tumble dryer.

3 Take **shorter** showers.

4 Form a **carpool**, or **walk** or **cycle** to work instead of driving.

5 If you live far from work, **move closer** or consider **telecommuting**.

6 Have at least **one meat-free** meal a week to help **reduce** environmental costs.

M T W T F S S

7 Use a **water filter** or fill an **aluminium flask** with water if you're on the move instead of buying bottled water.

8 **Plan** to do your errands in one go to **save** petrol.

PLAN = SAVE

CHECKLIST

9 **Buy** and **wear** clothes that don't need to be dry-cleaned. This **cuts down** on toxic chemical use.

10 Make your own **non-toxic** cleaning products using **baking soda**, **vinegar**, **lemon juice**, and **soap**.

11 Turn off your **computer** at night.

12 **Unplug** unused **chargers** and **appliances**.

13 **Reuse** scrap pieces of **paper** and **print** on **both** sides.

14 **Watch** THE 11<sup>TH</sup> HOUR

with Leonardo DiCaprio for inspiration on **recycling** and **going green**.

15 Buy a new **houseplant** for the home or office to help **reduce** indoor **pollution**.