

Tips to save environment and be eco friendly

Follow these to save environment and be eco friendly.

1. Use reusable water bottle.



2. Turn off lights when you leave the room.



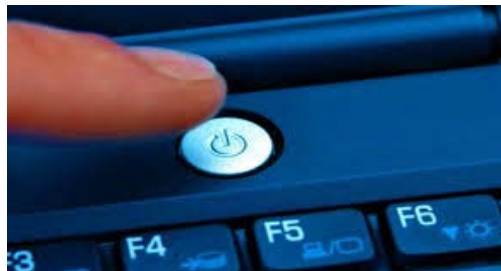
3. Don't turn on lights at all for as long as you can—open your curtains and enjoy natural light.



4. Support your local economy and shop at your farmer's Market.



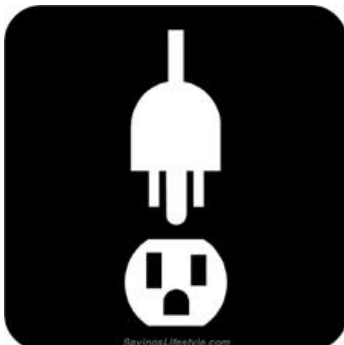
5. Turn off your computer completely at night.



6. Reuse scrap paper. Print on two sides, or let you colour on the back side of used paper.



7. Unplug unused chargers and appliances.



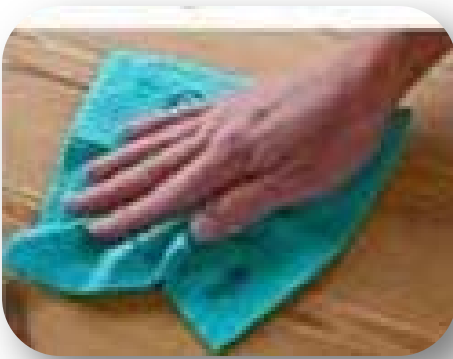
8. Collect rainwater, and use it to water your houseplants and garden.



9. Use Reverse Osmosis (RO) rejected water for washing clothes, Kitchen utensils cleaning, floor moping and car washing.



10. Use cloth instead of paper to clean your



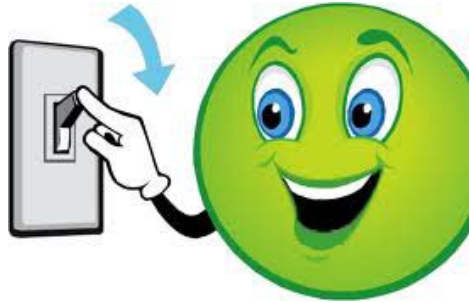
kitchen. Be frugal, and make these rags out of old towels and t-shirts.



11. Turn off the tap when brushing your teeth and save 10,000 litres of water a year!



12. Turn off your TV, wi-fi, PC and DVD



player - they still use electricity when not in use. Even while on standby, they consume 10% more electricity. And switch the lights off when you leave a room.



13. Use reuseable shopping bags, canvas bags, boxes etc when you go to the supermarket instead of plastic bags that take 400 years to degrade.



14. Use your legs - the most ecological form of transport - for short distances. Walking is good for your health and for the planet!



15. Eat REAL FOOD- no more processed junk/ snack foods! It is better for your body and can be better for our Earth too!

