

101 THINGS WE CAN ALL DO TO HELP REPAIR EARTH

REDUCE, REUSE, RECYCLE

1. Reduce consumption wherever possible.
2. Buy products that are recycled, recyclable, reliable, repairable, refillable and reusable.
3. When photocopying, copy both sides of paper.
4. Buy products in bulk or with the least amount of packaging.
5. When shopping bring your own bags.
6. Use Keep Mugs instead of paper cups.
7. Instead of paper napkins use washable cloth napkins.
8. Mend and repair rather than discard or replace.
9. For infants use cloth or compostable nappies.
10. Motivate local fast food chains and other businesses to end wasteful packaging.
11. Avoid impulse buying, read labels and research the products that you plan to buy.
12. Borrow or rent items that are infrequently used.
13. Maintain and repair items that you own to ensure longer life.
14. Refuse excess packaging when buying goods for example paper bags.
15. Separate at the source, recyclable and compostable materials.
16. Always dispose of non-recyclable rubbish in the correct way at the tip.
17. Study your community's waste disposal system and oppose plans to build more landfills.
18. Develop a Sense of Humus for Earth's soils and hygienically compost your kitchen and garden refuse into humus-rich soil and to breed increasing numbers of earth worms to help grow your own food organically.
19. Compost urine and faeces – Google Joe Jenkins Humanure Handbook for a free pdf.

ENERGY MANAGEMENT

20. Buy local and recycled goods to cut indirect energy use.
21. Make your home energy efficient. Insulate, double glaze, fix drafts, solar hot water and use renewable energy systems.
22. Close off and do not heat unused rooms. Use shutters or curtains on cold winter nights and hot summer days.
23. Avoid air-conditioning as much as possible.
24. Wear warm clothing in cool weather instead of using heating appliances.
25. Avoid keeping the refrigerator or freezer too cold and be as quick as possible when removing food and keep the doors open minimally.
26. Use the clothes line instead of a dryer as much as possible.
27. In winter use drying racks in front of your heating appliance instead of a dryer.
28. If you have to use a dryer keep the lint filter clean.
29. Avoid buying motorised tools or appliances when hand operated ones are adequate for the task.
30. Buy high-efficiency, low-energy consumption electrical appliances.
31. Use LED or low watt light bulbs.
32. Plant deciduous shade trees that protect the west windows from the summer sun but allow it in during the winter.
33. When building a new home ensure a passive solar design is incorporated.

WATER

34. Reduce water consumption as much as possible.
35. Do not let water run when it is not actively in use when showering, shaving, brushing teeth or washing clothes
36. Diligently repair all leaks and drips as soon as they occur.
37. Install efficient sink tap aerators and shower heads.
38. Install a dual flush or composting toilet.
39. Use grey water from washing and bathing for plants and gardens.
40. Collect rainwater and filter for drinking.
41. Put house plants outside when it rains.
42. Use phosphate free biodegradable soaps and detergents.
43. Use a filter system for safe drinking water.
44. Collect your urine in a bucket placed in a toilet. Dilute and pour into a compost bin or distribute at the base of Citrus trees.

EAT FOR OPTIMAL HEALTH

45. Practice the advice taught by Hippocrates, "Let your food be your medicine and your medicine be your food".
46. Help seeds sprout and herbs grow on a kitchen window sill, balcony or veranda.
47. Eat lower on the food chain, ie raw, living fruits, vegetables and carefully prepared grains.
48. Consider how the production of your food effects the environment.
49. Decrease or eliminate consumption of animal products. These are sentient beings also.
50. Learn to prepare vegetarian and vegan foods.
51. Be creative with leftovers and compost what is not edible.
52. Read the labels on packaged foods.
53. Try to select wholefoods that are unprocessed.
54. Support laws that ban harmful pesticides and that require full disclosure.
55. Buy organically grown produce.
56. Acquire good health and immunity efficiency by eating raw anti-oxidant and enzyme rich foods.
57. Shop at farmers' markets or food co-ops to support local organic growers and produce.
58. Help grow an organic garden food-forest instead of a lawn.
59. Question the health and environmental safety of food irradiation.
60. Draw attention to feeding local homeless people.
61. Support genetic diversity by growing rare and local species of fruits and vegetables, including bush tucker.
62. Support local family and community farming wherever possible.

TRANSPORT

63. Live as close to your job and shopping centres as possible.
64. Walk or ride a bicycle as much as possible.
65. Join a car pool for commuting.
66. Use public transport wherever possible.
67. Buy the most fuel-efficient hybrid car you can.
68. Properly maintain your vehicle, check tyre pressure regularly.
69. To save fuel don't speed, drive at a moderate pace, slow down and accelerate gradually.
70. Choose the shortest least-congested route.
71. Combine shopping trips to minimise unnecessary travel.
72. Use trains and busses rather than cars or planes.
73. Reduce your need to travel, eg, unnecessary holidays overseas.

TOXINS and POLLUTANTS

74. Use non-polluting household products.
75. Use natural pest control products to control insects.
76. Avoid synthetic fibres like nylons and polyesters.
77. When building or renovating, use products that are nontoxic and are made within ecologically sustainable guidelines.
78. Boycott products that contain toxic chemicals.
79. Minimise the use of and check the side effects of prescription drugs before taking.
80. Avoid using wood burning fireplaces and slow combustion heaters as they produce CO2 and sometimes carcinogenic particulates unless an emission control device such as a Hearth Cat is installed.

PRESERVATION OF LIFE AND THE ENVIRONMENT

81. Achieve zero population growth by averaging two children per couple.
82. Don't buy endangered plant or animal products from exploited species.
83. If needing to use timber, source it from sustainable tree farms, boycott rainforest timbers – alternatively try Bamboo.
84. Practice Permaculture ethics: Earth Care, People Care, Fair Share.
85. Encourage environmentally-sound practices at your workplace.
86. Buy products from company's that don't pollute or damage the environment or test on animals.
87. Join and volunteer with organisations working on causes that support the environment.
88. Contact your elected representatives through letters, emails, calls or visits, clearly communicating your concerns.
89. Avoid main-stream media and use Facebook, Twitter and Instagram for newsworthy stories with an environmental impact.

PHILOSOPHY

90. Simplify daily tasks and practice personal energy efficiency including meditation.
91. Read spiritual books and self-help philosophies to aid your progress in life.
92. Study and understand ethnic and cultural differences among people, recognise the inter-connectedness of all people and all life.
93. Satisfy your vital needs predominantly, rather than the lure of desires.
94. Appreciate all life forms not just those considered beautiful or useful for humans.
95. Spend time outdoors in nature as much as possible.
96. Contain pet animals and protect wild species.
97. Partake in or support non-violent activism for the Earth and its creatures.
98. Reduce stress in your life. Take 'me' time to meditate and pray, relax; slow down, smile, laugh, have fun, be joyful, sing and dance.
99. Spend time doing what you love.
100. Be positively optimistic towards a safer, healthier, more united and peaceful world.
101. Optimistically celebrate and enjoy the latest time as your best time confident that even better is yet to come. Aim for your last breath to be your best one, and make every breath and moment between now and then, an improvement on the previous. Then have a green burial and rest in peace with a tree of your choice growing over your peaceful body.