

# 23 GREEN TIPS

## SMALL STEPS TOWARDS A SUSTAINABLE LIFE

1

Let us reduce waste to landfill by diligently separating and recycling waste such as paper and cardboard, glass, plastic bottles and tins both at home and in the workplace. In the workplace we can check that it indeed gets collected for recycling.

2

Let us take a reusable coffee cup or mug for those takeaway coffees and always carry a water bottle with us when we are out. This way we can reduce the amount of waste we produce.

3

You may want to learn how to compost? Composting can reduce our waste to landfill by at least a third. [www.compostcollective.org.nz](http://www.compostcollective.org.nz) offers free workshops and a discount voucher to start a system that works for you.

4

Lunches need not be wrapped in plastic. Let us use a lunchbox or other reusable container. Beeswax infused cotton wraps are also a good solution (works almost like cling film)

5

In order to avoid the use of plastic bags in the supermarket let us bring reusable produce bags for the fruit and vegetable aisle.

6

For our consideration: About a third of our household power bill is taken up by our hot water usage. Maybe we can look at reducing shower times, the water temperature or the water flow? Check with [energiwise.govt.nz/at-home/simple-ways-to-lower-energy-bills](http://energiwise.govt.nz/at-home/simple-ways-to-lower-energy-bills).

7

What are we going to use as rubbish bin liners now that we are phasing out plastic bags? Newspaper lining is a good option or we just wash the bin?

8

Instead of putting plastic wrap/cling film over our food to go in the fridge, a better option is to cover it with a plate or use a food container. A beeswax infused cotton wrap is also great.

9

Let us think before we buy – do we need this item? Where is it from? How is it packaged? Can both the item and the packaging be recycled? Can we shop locally and thereby reduce the packaging and food mileage? For more tips and information go [livelightly.nz/take-action](http://livelightly.nz/take-action) (Auckland based and relevant for us).

10

Let us reconnect with nature by taking our family or friends for a walk in a forest, park or zoo. Maybe enjoy a sunset?! Let us set a goal for ourselves to do this regularly.

11

Let us set up a soft plastics recycling bin in our home and learn what can be recycled. There are drop off points at most of our large retailers. More info at <https://www.recycling.kiwi.nz/solutions/soft-plastics>.

12

Let us ask our local butcher whether we can use our own reusable containers? This is a way of reducing plastic use and waste.

13

Let us reconnect ourselves and our families with our food sources. We can plant a tree or fruit tree or plant vegetables or herbs (in pots if you don't have the space)? Or what about installing a bird bath and enjoying the show!

14

If we plan our food shopping and meals, we can ensure that nothing is wasted – around \$500/year worth of food is thrown away. Before we prepare a new meal, it is good to check if we have any leftovers to use? See [www.lovefoodhatewaste.nz](http://www.lovefoodhatewaste.nz)

15

Let us try add more plant-based foods to our diet and have less dairy and meat. We can thereby reduce the greenhouse gasses stemming from the production of our food. It could also be really good for our health!

16

Let us be tidy kiwis and respect our environment and community. We can participate in beach clean-ups or pick up litter in our local community?

17

In our gardens let us find natural methods of controlling weeds and insects instead of pesticides. These pesticides not only kill the 'pests' but also kill our bee and butterfly populations and they are now down to dangerously low levels. We need bees and butterflies to pollinate our food sources. Investigate ways to encourage these pollinators back into your gardens. Maybe plant swan plants and flowers?

Here's some websites that offer great tips:  
<http://www.fortheloveofbees.co.nz> or  
<http://www.monarch.org.nz>

18

Let us strive as a faith community to wherever possible to model the "best practice" in sustainability and care of the environment to our children. They will copy our behaviour. Let us give them every opportunity to reconnect with the environment by getting outside and having fun together. We can encourage our children's' schools to implement environmental practices and teaching.

19

When buying a car let us consider a smaller car or an electric one if we can afford it.

20

Let us ensure less fuel consumption when driving by ensuring the tires are inflated to the recommended level.

21


Let us think about how we can reduce our "carbon footprint"? Reducing carbon emissions now is crucial for climate protection. Let us consider biking or walking to church or to our local shops? If we normally drive (or even fly) to our business appointments let us consider doing skype meetings where possible. See [livelightly.nz/take-action](http://livelightly.nz/take-action) for inspiration and info (Auckland based and relevant for us).

22

Our shopping choices have a big impact on the world. Let us shop in a responsible way both ethically and sustainably. For example, is that wooden item or paper item from a certified source? FSC stands for "Forest Stewardship Council" and their certificate is a good one to have on wood or paper products.

23

Production of palm oil causes major rainforest destruction and threatens the survival of orangutan, tiger, rhino and other animals. Try to buy products which don't contain palm oil for that reason (often described as vegetable oil). For more information <https://www.aucklandzoo.co.nz/get-involved/palm-oil> check out the FAQs



"Faced with a climate emergency, we must take action accordingly, in order to avoid perpetrating a brutal act of injustice towards the poor and future generations"

Pope Francis  
14 June 2019

## ABOUT US

THE ENVIRONMENT  
& SUSTAINABILITY COMMITTEE

of the Justice and Peace Commission of the Catholic Diocese of Auckland has as its goal that the people across the Auckland Diocese be enabled to understand and act on environmental and sustainability issues as an integral part of being Catholic today.

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## GET IN TOUCH

Contact us via e-mail:  
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