

# TIPS & TRICKS for sustainable living

**SUSTAINABLE GUIDE FOR GREENER TOMORROW**



## Why?

On the surface, it can be incredibly daunting to reduce your environmental footprint, especially when you see that others around you are not doing their part. But when you break it down into small steps, you realise you have more power than you thought.

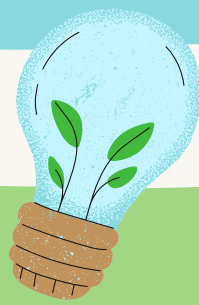
## How?

Don't know how to start?

Here is a guide to help you with it. Take every day just one tip and in 100 days your lifestyle will completely change.

## What's in it for me?

Applying sustainability to our everyday lives can lead to a number of benefits like health and wellness, being less wasteful can lead to financial savings, becoming self-sufficient through using renewable energy and spiritual wellbeing.

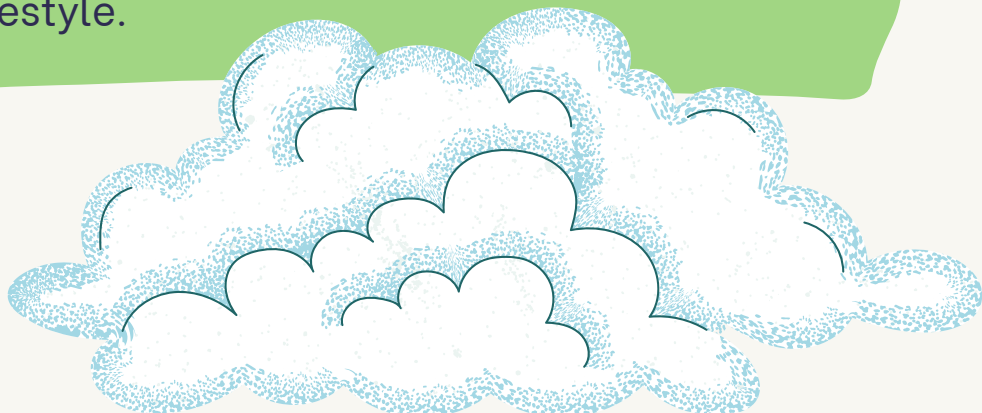


## It all lies in nature

Nature-based solutions are found to be most effective in fighting against climate change and it's in us to take this change and make them our habits.

## It's time to take action

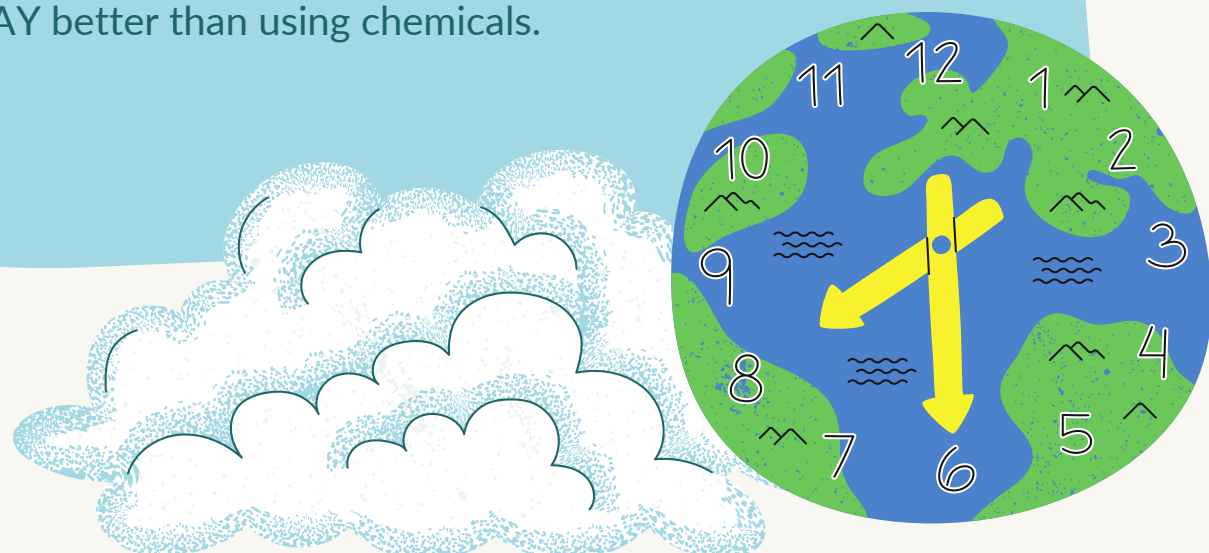
Take action by educating yourself and urging your community to get involved in addressing more sustainable lifestyle.





# Sustainable household tips

1. Use LED lighting or CFL bulbs instead of incandescent lighting as it's proven to last longer, which reduces the need to keep purchasing light bulbs.
2. Put on an extra layer of clothing instead of turning on the heating. Seriously, doubling up on your socks does wonders!
3. Open up your blinds and use as much natural light as possible before switching on your light bulbs. You all get to enjoy some more sunshine
4. Turn off your lights when you leave a room.
5. Put up a no junk mail sign on your letterbox to limit the amount of paper waste.
6. Hang your wet clothes on a drying line or rack instead of using a powered dryer.
7. Hand wash your clothes, particularly if you only have a few items to clean.
8. Use cold water when washing dishes and clothes
9. Start timing your showers. Or better yet, invest in a shower timer.
10. Grow your own herbs, fruit and vegetables even if it's just a few pots around the house, it all helps!
11. Turn off your devices at night, including your wi-fi box.
12. Use organic fertilizers.
13. Purchase recycled toilet paper with plastic-free packaging or install the toilette shower.
14. On the topic of toilets, use scrap paper, newspaper, or toilet paper to collect pet poo.
15. Turn off appliances and lights that you're not using.
16. Install energy-efficient appliances and use them when using appliances
17. Use an electric teakettle rather than a stovetop kettle to boil water.
18. There's nothing grosser than a dirty bathroom floor. Try mopping the floor with a mixture of baking soda and warm water. You can add some lemon juice for a fresh scent that's WAY better than using chemicals.
19. Make your own coffee instead of buying takeaway.
20. Instead of using powerful (but harmful) chemical cleaners to clear a clogged drain, use a combination of baking soda and vinegar. First, manually remove what you can from the drain, then add the vinegar mixture. Let it sit for 15-30 minutes, and then run some hot water down the drain.
21. There's nothing grosser than a dirty bathroom floor. Try mopping the floor with a mixture of baking soda and warm water. You can add some lemon juice for a fresh scent that's WAY better than using chemicals.





# Sustainable commuting tips

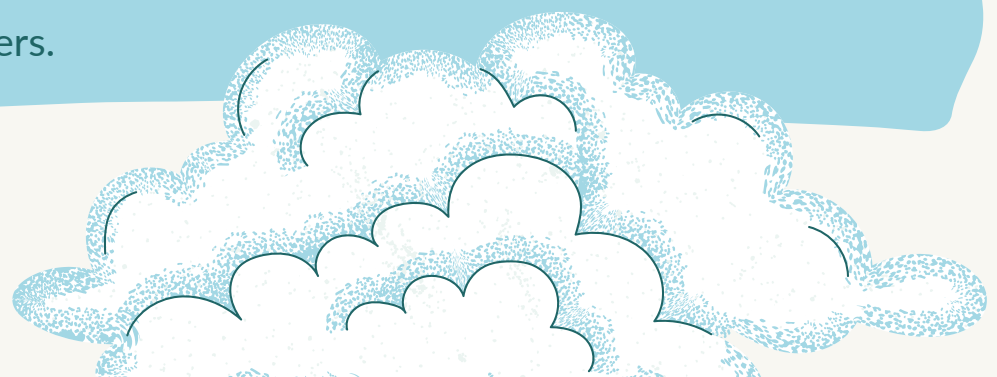
1. Buy a second-hand bicycle and start using it to commute everywhere.
2. Take the stairs over the elevator. This also doubles up as a leg workout.
3. Use public transport. It's also an excellent opportunity to catch upon reading and other things you couldn't do if you were driving. Listening to our podcast is a great way to pass time
4. Organise carpools to work, sports, events and other activities. There are some services where you can find people to commute with for interstate travel.
5. If available, use rent-a-bike services in your city.
6. Ditch your car and embrace car-free living.
7. But, if you're in the market for a new car, invest in electric-powered vehicles.
8. Reduce the amount of time you spend taking flights. Positive fact, some airlines are trying to implement zero-waste practices.
9. Drive sensibly. Braking too hard will consume more fuel.
10. Make sure your tyres are pumped up at all times as this affects fuel efficiency.



# Sustainable fashion tips



1. Buy second-hand clothes where possible.
2. Become a minimalist.
3. Invest in better quality items that last longer.
4. Support fashion brands that are ethical and environmentally conscious.
5. Learn how to find sustainable materials when shopping.
6. Reduce how frequently you wash your clothes.
7. Rethink do you really need to buy new clothes
8. Repurpose old clothes as rags or donate to a local community
9. Acquire basic sewing skills to patch holes and sew buttons back on.
10. Transform old clothes into new garments. For example, a dress you don't wear turne into a top and skirt or reusable shopping bag
11. Shop at sustainable clothing outlets that offer post-purchase repair services.
12. Find second hand markets , flea markets in your area
13. You can air-dry jeans between washes. Jeans can also be worn upwards of 10x or more without needing to be washed.
- 14.. Don't throw out materials and unwanted clothing. Donate it to charity, sell it on eBay, have a car boot sale or give to up cycling.
15. Look for new organic material, they are antibacterial and better for your skin. ( pineapple, flex seads, agave, cotton tree,...)
16. Ditch the habits of shopping in big fashion chains, support small local designers.



# Sustainable children & infants



1. Switch to cloth or reusable diapers
2. The best baby lotions are either olive oil or coconut oil which are both cheap, natural, and non-perfumed. As for other products, keep it as natural, organic, and fragrance-free as possible.
3. Cook up food for your baby instead of buying ready-made jars.
4. Dress your baby in smart green clothing. Choosing organic hemp or cotton, bamboo or wool fabrics made without toxic chemicals are best for a baby's sensitive skin
5. Second-hand clothing is the cheapest and most sustainable option.
6. Use stainless steel drink bottles (or at least plastic-free).
7. Get a wooden baby teether.
8. Use reusable nursing pads.
9. Look for wooden baby rattles.
10. Use eco-friendly (plastic-free) bibs.
11. Source second-hand toys or join a toy library.
12. If you are buying toys, find toys made from natural materials.
13. Use dummies/pacifiers made from natural rubber.
14. Use coconut oil as a diaper balm.
15. Be mindful of the brand you chose Baby carriers, strollers, car seats, cots, walkers, etc .

# Sustainable workplace tips

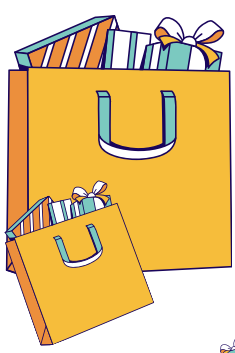


1. Collect scrap paper in a tray.
2. Turn off your computer before leaving work.
3. Get rid of your home printer. This will encourage you to seek a printer when you absolutely need it.
4. Unplug workstation from ports overnight to reduce phantom power.
5. If you need business cards, use an eco-friendly printer.
6. Add small pot plants to your workspace.
7. Always use double-sided printing where possible.
8. Opt to receive digital letters and notifications.
9. Send electronic invitations.
10. Purchase recycled paper for the printer.
11. Implement an office recycling program for paper, cardboard as well as print cartridges.
12. If computers or laptops are not in use for a length of time turn on energy-saving mode.
13. Encourage people to use their own mugs and cups rather than disposable cups when making coffee, tea or drinking water from the water cooler.
14. Encourage people to have a refill bottle.
15. Where possible provide people with the opportunity to work from home.
16. Maintain a paperless environment where possible. For example, communications can be done via email
17. Encourage people not to print their emails if unnecessary, Put that in your signature

# Sustainable food & drinks



1. Avoid plastic straws when you order drinks at a pub, bar, restaurant.
2. Take your reusable coffee cup to avoid having to use a disposable one.
3. Don't accept plastic cutlery such as forks, spoons and even chopsticks.
4. Try to eat in where possible so that you are using ceramic or glass dishes and reusable utensils to avoid waste.
5. Buy your products in bulk from your local farmer's markets., avoid fast food, processed food and GMO.
6. If you drink beer, take a growler to your local brewery.



## Conscious Shopping

1. Buy in-person instead of online. Avoid the energy expenditure, carbon emissions, and excess waste of shipping.
2. Take reusable shopping bags with you when you go shopping.
3. Avoid buying plastic-wrapped products,
4. Borrow books from the library instead of purchasing them directly.
5. Read your favorite newspaper publications online
6. Avoid buying things that you don't really need so you're not adding to waste.
7. Stop buying plastic bottled water. Take a reusable water bottle.
8. Buy items in bulk to avoid package waste.
9. Go to farmers markets for your products as you are more likely to avoid food items wrapped in plastic.
10. Avoid buying plastic-wrapped products, opt for a paper bag instead. Avoid purchasing products/brands that individually wrap items and use excessive packaging.
11. Purchase items with longevity in mind.
12. When buying white goods and electrical items, read the energy star ratings. Purchase the most energy-efficient you can afford.
13. Take your own food containers when going to the deli or market so you can avoid disposable plastic.
14. Avoid plastic cling wrap and opt for storing food in reusable containers or use beeswax food wraps.
15. Don't use plastic bags at checkout. Instead, take your own bags for groceries.
16. Shop at bulk food stores for any goods if possible.
17. Resell items you don't need anymore or donate them
18. Keep your own containers for food close to you, use them as much as possible.
19. Shopping for eco-friendly gifts starts with these questions: Who do you really need to buy for? How much do you really need to spend? Do the presents you're buying have a purpose or meaning?
20. Save all gift bags, gift boxes, bows and ribbons so that you can reuse them or give them to someone who will.



21. Give people experiences instead of objects.
22. Avoid extra packaging which is going to only be enjoyed for a few moments before being thrown away.
23. Choose quality over quantity. The person will almost definitely appreciate it!
24. Buy second-hand, vintage, antique, upcycled! There are so many cool presents out there that save precious resources and will score you points for uniqueness.
25. Do it yourself! There is no better way than



## Sustainable Health & Beauty tips



1. Use DIY alternatives for store-bought products. Make your own face cleanser and scrub. Example: ground coffee + coconut oil works wonders!
2. Support Eco-conscious brands and stores. Organic and natural products benefit both -the planet and your personal health.
3. Switch to refilling your beauty products made from natural ingredients - shampoo, soap, etc .Consider using shampoo bars to reduce packaging.
4. Choose reusable alternatives for everyday bath and beauty products. Swap single-use plastic products for metal and rubber ones. Sustainable alternatives include metal razors, fabric shower caps, cotton make-up remover pads, and refillable liquid containers.
5. Avoid plastic packaging. Look for products that come unpacked, packed in recycled material, or reusable materials such as standard cardboard, paper, and glass.
6. When buying products in plastic bottles, look for plastics that are easier to recycle. Note that #1 (PETE) and #2 (HDPE) plastics are the most commonly recyclable.
7. Limit the amount of water you use to brush your teeth and shower.
8. If the weather is warm enough let your hair dry naturally instead of blow drying it.
9. Go makeup-free for one week each month
10. Use reusable cotton pads for removing your makeup.
11. Don't leave the water running when cleaning your face.
12. Read labels for toxic and harmful chemicals.
13. Share products with your family, e.g. deodorant, shampoo etc.
14. Use multipurpose bathroom products.
15. Buy bigger bottles rather than small bottles.
16. Use reusable pads or menstrual cups.





# Sustainable traveling

1. If you need to travel by plane, don't forget to offset your carbon emissions. Most good airline companies provide this option.
2. Take cloth serviettes and handkerchiefs, reusable bottle and your own straw.
3. Choose eco-friendly accommodation. Book Green Hotels, eco friendly homestays and resorts.
4. Don't leave towels lying around as hotel staff will wash them. Towels should be okay to use for a week or more without needing to be washed.
5. Where possible, commute on public transport, tourist buses or carpool rather than hiring private cars, or motors.
6. Make sure to pack everything you need such as your reusable coffee mugs, cups, water bottles, soap, shampoo and conditioner to avoid disposable items and plastic.
7. Make sure to clean up after yourself wherever you go, especially when sightseeing in natural environments. It is such a shame to visit places that are littered with rubbish and plastic that end up on the banks of rivers, beaches and other beautiful surroundings.
8. There are unscrupulous people who have no problem selling ancient artefacts or products made from endangered species and precious hardwoods. When you shop, make sure you read labels and ask questions, such as "What is this item made of?" and "Do I need special documents to take this home?"
9. Why do we waste energy (and harsh chemical cleansers) letting others do cleaning every day when we travel? Leave a "Do Not Disturb" sign on your hotel room door for the duration of your stay,
10. Never leave the lights, AC/heat or television on when you're out of the room.
11. consider taking an empty bag and picking up any trash you spot along the way.
12. Join local communities in their everyday beach, park or area clean ups.
13. Use Sustainable Forms of Transportation.
14. Buy Local products.
15. Pack the Right Gear (And Not Too Much!)
16. Go Green While You're Gone. ...
17. Stay Green While You're There. ...
18. Respect the Sights (Leave No Trace)



Thank you for caring



## SUSTAINABLE GUIDE FOR GREENER TOMORROW

*Start today  
improve tomorrow*

### CONCLUSION:

To become fully sustainable in your lifestyle don't expect to do it perfectly straight away. Start slowly, adjust how it fits your lifestyle and let process become part of you. Then every day will be easier and easier to involve and process fully. Nobody will judge you about it and it's not competition. This is something you need to do fully consciously, When you know WHY you want to do it, Our tips and tricks will help you understand better method of HOW and then process will easier become a part of your everyday life.

Enjoy the change, as you are the change!

---

written by: Danica Badovinac

design: LOMBOK ECO FLEA MARKET

All parts of this brochure are available for copying or reproducing by any kind mechanical, photographic or electronic process, if that will help to get more people live sustainably and care about our planet.

made in collaboration with:

