

Top 10 tips to live more sustainably

Are you interested in living a more sustainable lifestyle but don't know where to start? Below are ten great tips to reducing your waste footprint. Individually these changes may not seem like much, but collectively these simple changes can make a significant impact to the amount of waste we generate.

1. Ditch the disposable coffee cup. This is an incredibly simple action to do. Purchase a reusable takeaway coffee cup and take it with you when you get your next coffee fix. Several coffee shops and cafes are offering a discount when you use your own cup.
2. Say 'no' to a plastic straw. A straw is not needed to consume your drink! Even better, if you are a drink provider – don't supply straws. It will be a cost saving for your business and you are doing your bit for the environment plus influencing others to follow suit.
3. Invest in a good water bottle and take it with you wherever you go and fill up as needed. Purchasing plastic bottled water can become expensive and creates unnecessary waste.
4. Look into shampoo and conditioner bars. They look just like a soap bar but are designed especially for your hair and they often come package free! They work just as well as your bottled shampoo and conditioner and they last a long time. If you want to take the next step – go "no 'poo". Ditch the shampoo and conditioner completely. Did you know the oils from your scalp naturally self-clean therefore we do not actually need shampoo? If you would like to go "no 'poo" make sure you google all the tips before you take the plunge.
5. Remember to take your reusable shopping bags wherever you go. Please say no to plastic bags. If you are a retailer show your customers how much you care about sustainability and ditch the plastic bag.
6. Use a washable dish cloth for your kitchen dishes rather than a disposable option. A washable dishcloth could be used from a cut up piece of absorbent material such as an old soft cotton t-shirt or even an old tea towel. Just throw it in your regular wash every couple of days to keep it fresh and you can use it over and over again.
7. Purchase reusable food wraps such as bees wax wraps to cover left over food as an alternative to cling wrap.
8. If you have children in nappies consider using cloth nappies. They often come in really cute designs, they are a lot cheaper than disposable options, they are kind to your child's skin and they are easy to use.

9. Consider buying good quality second hand clothing, rather than purchasing new.
10. Always recycle. If an item can be recycled on Norfolk Island please ensure it is placed in the appropriate recycling area. By throwing a recyclable item, such as an aluminium can, into your general waste you are throwing away a very valuable resource!

Embrace sustainability. These actions are not hard to achieve – in fact – I do almost all of these things right now. It requires a change in your habits and some commitment to a more sustainable lifestyle.

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TEAM LEADER WASTE AND ENVIRONMENT

20 April 2018