

Emissions Reduction Fact Sheet – Sustainable Living

Residents and Businesses can support emissions reduction through small day-to-day changes by the following sustainable living initiatives:

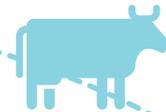


Grow your own food

Set up a backyard veggie garden and plant fruit trees or participate in a local community garden co-operative.

Reduce meat consumption

Agriculture contributes to almost 15% of Australia's emissions. Switch to eating a more plant-based diet.



Drive less

Walk, cycle, catch public transport or carpool to reduce vehicle emissions. Working from home arrangements and virtual meetings can reduce commuting and business-related transport emissions.



Conscious shopping

Avoid buying new, particularly fast-fashion, and utilise op shops and online marketplaces to buy and sell second hand items. Repair or mend broken items, employing 'repair cafes' for assistance. Support local suppliers and look for options with limited packaging.



Use less water and energy

Conserve water and energy by taking shorter showers (less than 4 mins), turn off lights and appliances at the switch to reduce standby energy, or time appliance use with solar energy generation (daytime). Use blankets and additional clothing layers before turning on the heater. Close windows and curtains when the air conditioning is on (excluding evaporative systems) and use fans.



Laundry

Do full loads of washing in cold water and hang clothes on the line to dry (rather than using the dryer).



Recycle and compost

Correctly separate waste items for recycling and green waste, particularly food waste using a kitchen caddy. Take harder-to-recycle items such as e-waste, batteries and soft plastics to local drop off locations.



Money and investment

Consider what institutions control your finances and where they invest the money. Choose banks and superannuation funds that invest in renewable energy rather than the fossil fuel industry.



Plant trees and vegetation

Greening our urban community will reduce urban heat island effects and remove carbon from our atmosphere.



Air travel

Avoid unnecessary air travel, conduct virtual business meetings and holiday locally. Choose non-stop flights where possible, as most emissions are released in take-off and landing. Carbon offset flights.



Carbon Neutral Services

Use consumer power to choose carbon neutral companies, e.g. energy retailer, telecommunications.

Take Action

Email your local MP, continue to have conversations about climate change and emission reduction, and join or volunteer in community organisations, e.g. political activist groups or tree planting events.



More Resources

Sustainable Living Guide

<https://www.sustainablelivingguide.com.au/>

Which Bin SA

<https://www.whichbin.sa.gov.au/>

My Cool Home – Adapt West

<https://www.adaptwest.com.au/my-cool-home>

Adelaide Sustainability Centre

<https://www.adelaidesustainabilitycentre.org.au/>

Sustainable West

<https://www.sustainablecommunitiessa.org.au/projects/sustainable-west/>

Greenpeace Green Electricity guide

<https://www.greenelectricityguide.org.au/>

