



JOIN THE REGENERATION REVOLUTION!

13 OF THE BEST THINGS YOU CAN DO TO REDUCE YOUR IMPACT ON THE PLANET

1. GROW YOUR OWN FOOD You can turn your backyard into a carbon removing food hub where every kilogram of vegetables you grow reduces emissions by roughly two kilograms (if you also compost organic waste).



2. REDUCE FOOD WASTE If food waste was a country it would be the third largest emitter of greenhouse gases. Finish your food and try to eat everything in your fridge before it goes off. Also consider composting your scraps.

3. EAT LESS MEAT Aiming for 50-60gms of meat a day is a great start. Choose organic, grassfed or biodynamic meat when you do. Chicken has a carbon footprint almost nine times smaller than red meat.



4. PUT CARBON BACK INTO THE SOIL Sign up to Carbon8 online and sponsor a farmer to put carbon back into the soil. This produces healthier food, retains water & reverses global warming (carbon8.raisely.com).

5. RIDE SHARE If you can ride share with a work or study colleague at least once a week. It matters that one person is not driving for a day.



6. REDUCE AIR TRAVEL This is one of the most damaging ways we can impact the planet. Offset plane travel by flying carbon neutral or staying in hotels that use renewable energy, hiring an electric car or using public transport.



7. USE PUBLIC TRANSPORT OR YOUR OWN STEAM For example bike, walking, skateboard or scooter at least once a week if you can. We highly recommend electric bikes!

8. INSTALL SOLAR PANELS IF YOU CAN If you are new to solar check out the Renew.org.au website it has everything you need to know a grid interactive or off-grid system. Find accredited installers at solaraccreditation.com.au/consumers. Once you have panels check if there is a community owned renewable energy company you can join like DC Power Co, Enova, Farming The Sun.

9. CHOOSE A 100% RENEWABLE ENERGY CO. If you can't install panels consider switching to an energy supplier that sources energy from renewables only. Such as Powershop (powershop.com.au).



10. APPLIANCES Look for the energy rating label when you are buying new appliances. Taken together appliances could make up 33% of your energy bill. Consider whether you need it in the first place, switch off instead of using stand-by mode (can be up to 10% of your energy use).

11. BECOME A TRUE MINIMALIST Purchase for quality not quantity. Avoid single use items like food containers and coffee cups. Take your own to your cafe or takeaway. Avoid 'fast fashion' shop second hand or for items using sustainable or recycled materials.

12. HELP EDUCATE GIRLS Consider donating tonot-for-profit organisations to educate girls. Research shows this reduces family sizes which helps with over-population (malala.org and educatinggirlsmatters.org)



13. CHANGE YOUR BROWSER It takes one minute to switch to Ecosia (ecosia.org). Unlike Google it uses ad revenue from your searches to plant trees. Fifty million trees have already been planted!



MAKING IT EASY TO LIVE WELL

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For more regeneration info: www.whatsyour2040.com