

10 smart ways to live sustainably



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This list contains simple, smart ways to help you save energy, water, waste – and money. If you're not sure how to start living sustainably or want to know what you can do next, why not start with easy things at the beginning of the list and work your way down. And save some black balloons along the way.

- 01** Replace incandescent light bulbs with compact fluorescent globes.
- 02** Set your thermostat to 18–20°C in winter.
- 03** Keep your showers to less than four minutes.
- 04** Turn off appliances at the switch when you're not using them.
- 05** For short trips, leave the car at home and walk, ride or take public transport.
- 06** Recycle household waste.
- 07** Switch to GreenPower.
- 08** Buy energy and water efficient whitegoods and appliances.
- 09** Insulate your ceiling and walls.
- 10** Install a solar hot water system when your hot water system needs replacing.

This list was developed based on environmental, financial and behavioural considerations. Average annual greenhouse gas savings for each action are indicated as black balloons. Savings have been calculated per average household per year.

1 black balloon
= 50g of greenhouse gases.

Replace incandescent light bulbs with compact fluorescent globes.

Compact fluorescent lamps (CFLs) use around 80% less energy and last up to eight times longer than conventional incandescent globes.

A range of CFL styles, wattages and colours are available for home lighting. CFLs are compatible with most conventional light fittings and are available in:

- warm and cool light
- downlights to suit 240 volt fittings
- floodlights
- small table lamps
- candle-effect for chandeliers
- reflector lamps
- dimmable globes which use their own dimming system
- bayonet and Edison screw fittings.

1



2,800

Save up to 2,800 balloons a year*.

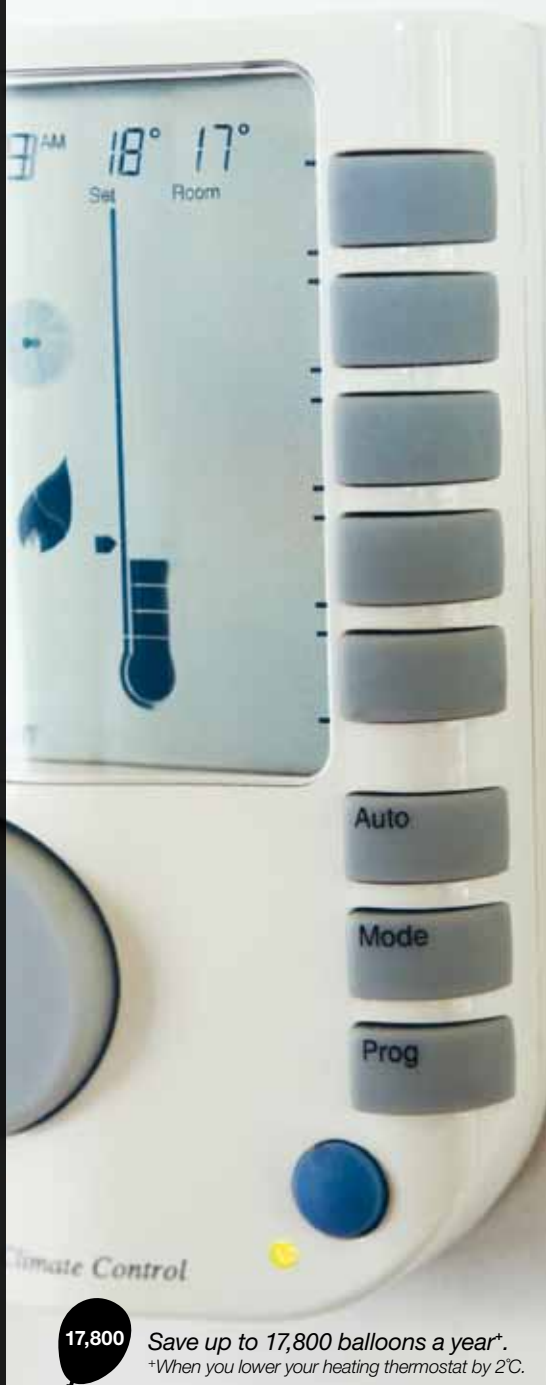
*Per energy saving light globe.

Set your thermostat to 18–20°C in winter.

Thermostat control your home heating. Heating your home just 1°C less can save up to 10% on running costs.

Set summer cooling temperatures at 26°C to maximise efficiency and save money.

2



17,800

Save up to 17,800 balloons a year*.

*When you lower your heating thermostat by 2°C.

Keep your showers to less than four minutes.

By keeping your showers to less than four minutes an average household can save around 90 litres of water per day. Use a timer to keep track of your time in the shower.



3

2,300

Save up to 2,300 balloons a year*.
Per person.

Turn off appliances at the switch when you're not using them.

Most appliances continue to use 'standby' power when they're switched off by the remote control, sometimes as much as when they're on.

Switch appliances off at the power point when they're not in use to save up to 10% on your electricity bill.

4



7,700

Save up to 7,700 balloons a year.

For short trips, leave the car at home and walk, ride or take public transport.

Cut back on driving to reduce your fuel bills, lower your environmental impact and greenhouse emissions, and improve your fitness.

Walk or cycle when you can. It's simple, healthy and flexible.

Take public transport when possible to save money on fuel and avoid parking fees and the stress of driving in peak-hour.

5



4,440

Save up to 4,440 balloons a year[#].
[#]Elimination of 3 short car trips per week.

Recycle household waste.

Recycling services take certain kinds of rubbish materials and remanufacture them into useful items. Recycling everything you can through kerbside recycling saves energy, water and reduces landfill.

Kerbside recycling

Recycle right. Wrong materials in the recycling bin can contaminate the whole load, sending it to landfill.

Items to put in your recycling bin:

- paper and cardboard
- glass bottles and jars
- plastic bottles*
- other plastics*
- aluminium cans and foil
- steel cans
- milk and juice cartons.

** Recyclable plastic items will have a code number marked on the base. Code 1 and 2 items are widely accepted by councils, Code 3 items are often accepted and several councils also accept Code 4 to 7. Your local council can tell you what can be recycled in your area.*

What else can be recycled?

Besides what you place in your recycle bin, you can also recycle other household items such as computers and accessories, chemicals, oil, paint, batteries, gas cylinders, fluorescent tubes and light globes.

To find drop-off points and services visit resourcesmart.vic.gov.au or call 1800 353 233.





2,540

Save up to 2,540 balloons a year.

Switch to GreenPower.

GreenPower is the easiest way to significantly reduce your impact on climate change. One phone call to an energy company can cut your household greenhouse emissions by around 50%*. Just ask for GreenPower.

What is GreenPower?

It is renewable energy from government-accredited sources.

Where does GreenPower come from?

It comes from energy sourced from the sun, wind, water and waste, and produces no greenhouse gas emissions. It is bought by your energy provider on your behalf. Only GreenPower is government accredited renewable energy.

How do I know it's GreenPower?

Look for the GreenPower 'tick' guarantee. Because GreenPower meets the highest environmental standards, the 'tick' logo (see below) tells you the renewable energy you are buying is the best choice for the environment.

How do I know my energy provider is purchasing GreenPower on my behalf?

By accessing their sales and purchase records, the Government makes sure retailers are buying renewable energy on your behalf.

Why switch to GreenPower?

- You can cut household greenhouse gas emissions by around 50%*. Your energy company will replace the same amount of energy from renewable sources that would otherwise have been sourced from fossil fuels such as coal.
- Drive demand for renewable energy. Your contributions will help grow the renewable energy sector.
- You can help reduce water consumption. Renewable energy generators use much less water than coal and gas powered stations.

How much GreenPower should I buy?

The more you buy the better. You can choose what percentage (10–100%) of your electricity account you would like to offset by GreenPower.

For example, if you buy 100% GreenPower you can offset all of your household's electricity consumption with renewable energy. This energy is added to Australia's electricity grids. The more people who choose to buy GreenPower, the more renewable energy Australia can produce.

How do I switch to GreenPower?

Call a participating energy company and ask to switch to GreenPower or visit greenpower.gov.au for a list of retailers.

* On average, around 50% of Australian household emissions stem from electricity use. Estimate derived from published AGO and ABARE statistics.



**GreenPower**[™]
Accredited Renewable Energy



47,200

Save up to 47,200 balloons a year.*
**When using 100% GreenPower.*

Buy energy and water efficient whitegoods and appliances.

New household appliances including air conditioners, clothes washers and dryers, dishwashers, fridges, freezers and gas hot water systems carry energy rating labels.

Dishwashers, clothes washers and clothes dryers also carry water rating labels.

Energy and water rating labels use a star rating system to represent the level of energy and water efficiency of the appliance. The more stars you see, the more energy, water and money you'll save.



Air conditioners

Buy air conditioners with at least 4.5 stars. Save 10–30% on running costs, and increase the saving by a further 15% with a thermostat control.

Clothes washers and dryers

Buy a washing machine with at least 3.5 stars. Save 25% on running costs with every extra star.

Buy a dryer with at least 2 stars. Save up to 15% on running costs with every extra star.

Dishwashers

Buy a dishwasher with at least a 3.5 star energy rating and a 3.5 star water rating. Save water and 30% on running costs with every extra star.

Fridges and freezers

Buy a fridge with at least 4 stars and a freezer with at least 4.5 stars. Save 20% on running costs with every extra star.

Hot water systems

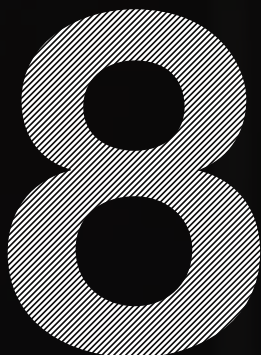
Buy a gas hot water system with at least 5 stars. Save up to 7% on running costs with every extra star. Buy a solar hot water system and save even more on running costs and receive a rebate on the purchase cost.

Further information

To find out more about energy and water rating labels, visit:

energyrating.gov.au

waterrating.gov.au





4,920

Save up to 4,920 balloons a year.

Insulate your ceiling and walls.

Ceiling insulation is one of the most effective ways to improve your home's energy efficiency year-round. An uninsulated ceiling accounts for up to 40% of heat lost in winter and up to 30% of heat gained during summer.

The easiest and most cost-effective way to insulate your home is to add insulation to the ceiling. This will stop 80–90% of the heat typically lost through your ceiling and can save you up to \$325 a year.

Ceiling insulation rated at least R3.0 and installed professionally with no gaps is best.

New home builders and renovators should use at least R1.5 for wall insulation.

9



41,800

Save up to 41,800 balloons a year*.
*When you install ceiling insulation.

Install a solar hot water system when your hot water system needs replacing.

Conventional water heating systems account for around 20% of a household's greenhouse gas emissions in Victoria. Install a solar water heater and you will reduce these emissions and also save up to 75% of your water heating costs.

If you're eligible, you can receive a Victorian Government rebate to assist you to install a solar hot water system.

Save up to \$1600 with these solar hot water rebates, which are provided as a point-of-sale discount from participating manufacturers and retailers.

To find out more about eligibility and conditions visit resourcesmart.vic.gov.au or call 1300 366 195.

10



18,100

Save up to 18,100 balloons a year.

To find more smart ways
to live sustainably, visit
sustainability.vic.gov.au
or call 1300 363 744.

Sustainability Victoria

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Level 28, 50 Lonsdale Street
Melbourne VIC 3000

*The *You have the power. Save energy.*
black balloons campaign is a Victorian
Government initiative.

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