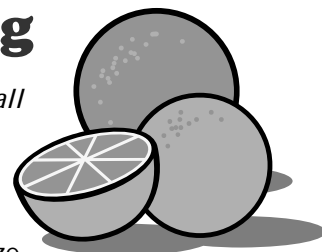


Buy locally produced food and food with less packaging



It takes energy to get your food to you. It takes energy to produce all that packaging, and then it becomes a waste problem.

- Buy meat from the local butcher instead of the supermarket
- Buy oranges from your own State, NOT overseas grown
- Avoid individually packed items, e.g. cheese slices, individual size cans of fish, etc.

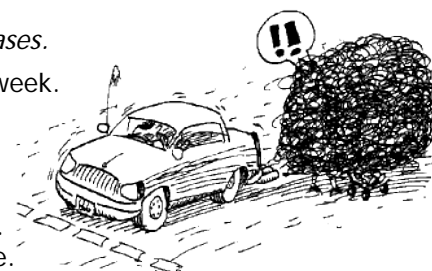


Make changes to your transport habits

Cars put lots of pollution into the air and add to the greenhouse gases.
Instead of using a car, walk or take public transport at least once a week.

Air travel is by far the most polluting form of transport.

If you are a frequent plane traveller, sometimes choose another means of getting to your destination. You will save on petrol, do more exercise, get more reading done.



Replace your old light bulbs with energy efficient compact fluorescent light bulbs (CFLs)

Significantly reduce greenhouse gas emissions and save on your electricity costs.

A 12W CFL is used in place of a standard 60W bulb.

A 20-25W CFL is used in place of a standard 100W bulb.

CFLs cost more initially but can last up to eight times as long as standard globes and can save you around \$70 a year on your electricity bills.

CFLs are available with bayonet and screw fittings and fit most standard light fittings.



Isn't it time we revised this scenario?

The average food item travels over 2,000 km to arrive at our table.

If we eat 10 or so items a day, in a year's time
our food will have conquered 8 million km by land, sea and air.

Picture a truck loaded with apples and oranges and iceberg lettuce
rumbling to the moon and back ten times a year, all just for you.

Multiply that by the number of Australians who like to eat
and picture that flotilla of 21 million trucks on their way to the moon!



Adapted from Barbara Kingsolver's *Small Wonder*



*The Climate Change Circle of the Social Action Office
is working to reduce global warming
and mitigate its effects.*

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Car graphic from www.waytoschoolkit.infoxchange.net.au/student/pollution.html
Light bulb graphic from www.greenhouse.gov.au/yourhome/technical/fs45.htm

YOU

**are invited
to help reduce global warming**