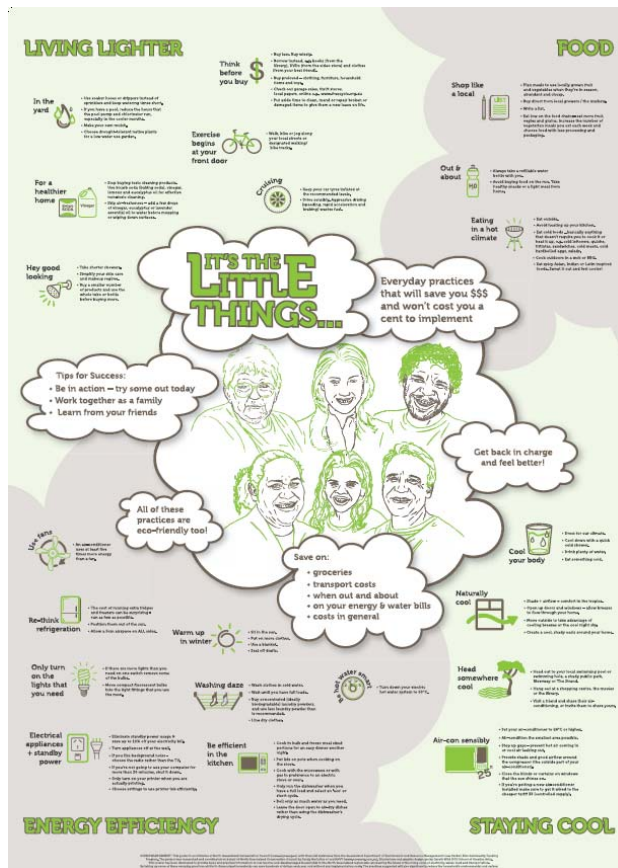


# "IT'S THE LITTLE THINGS" POSTER

... a **NEW POSTER** to empower **Townsville families ...to save money and support Townsville being a clean & green community**

- **Everyday practices that will save you \$\$\$ and won't cost you a cent to implement.**
- **Get back in charge and feel better!**
- **Save on groceries, transport costs, when out and about, on your energy & water bills and on your costs in general.**
- **All of these practices are eco-friendly too!**
- **Tips for Success:**
  - ✓ **Be in action – try some out today.**
  - ✓ **Work together as a family.**
  - ✓ **Learn from your friends.**



<p><b>LIVING LIGHTER</b></p> <p><b>For a healthier home</b></p> <ul style="list-style-type: none"> <li>• Stop buying toxic cleaning products. Use bicarb soda (baking soda), vinegar, lemons and eucalyptus oil for effective non-toxic cleaning.</li> <li>• Skip air-fresheners – add a few drops of vinegar, eucalyptus or lavender essential oil to water before mopping or wiping down surfaces.</li> </ul>
<p><b>Hey good looking</b></p> <ul style="list-style-type: none"> <li>• Take shorter showers.</li> <li>• Simplify your skin care and makeup regime. Buy only a smaller number of products and use the whole tube or bottle before buying more.</li> </ul>
<p><b>In the yard</b></p> <ul style="list-style-type: none"> <li>• Use soaker hoses or drippers instead of sprinklers and keep watering times short.</li> <li>• If you have a pool, reduce the hours that the pool pump and chlorinator run, especially in the cooler months.</li> <li>• Make your own mulch.</li> <li>• Choose drought-tolerant native plants for a low water use garden.</li> </ul>
<p><b>Exercise begins at your front door</b></p> <ul style="list-style-type: none"> <li>• Walk, bike or jog along your local streets or designated walking/bike tracks.</li> </ul>
<p><b>Cruising</b></p> <ul style="list-style-type: none"> <li>• Keep your car tyres inflated at the recommended levels.</li> <li>• Drive sensibly. Aggressive driving (speeding, rapid acceleration and braking) wastes fuel.</li> </ul>



**Think before you buy**

- Buy less. Buy wisely.
- Borrow instead, e.g. books (from the library), DVDs (from the video store) and clothes (from your best friend).
- Buy preloved – clothing, furniture, household items and toys.
- Check out garage sales, thrift stores, local papers, online e.g., [www.freecycle.org.au](http://www.freecycle.org.au)
- Put aside time to clean, mend or repair broken or damaged items to give them a new lease on life.

**FOOD**

**Shop like a local**

- Plan meals to use locally grown fruit and vegetables when they're in season, abundant and cheap.
- Buy direct from local growers / the markets
- Eat low on the food chain – eat more fruit, vegies and grains, increase the number of vegetarian meals you eat each week and choose food with less processing and packaging.
- Write a list.

**Out & about**

- Always take a refillable water bottle with you.
- Avoid buying food on the run. Take healthy snacks or a light meal from home.

**Eating in a hot climate**

- Avoid heating up your kitchen.
- Eat cold foods ...basically anything that doesn't require you to cook it or heat it up, e.g. cold leftovers, quiche, frittatas, sandwiches, cold meats, cold hardboiled eggs, salads.
- Cook outdoors in a wok or BBQ.
- Eat outside.
- Eat spicy Asian, Indian or Latin inspired foods. Sweat it out and feel cooler!

**STAYING COOL**

**Naturally cool**

- Shade + airflow = comfort in the tropics.
- Open up doors and windows – allow breezes to flow through your home.
- Move outside to take advantage of cooling breezes or the cool night sky.
- Create a cool, shady oasis around your home.

**Use fans**

- An air-conditioner uses at least five times more energy than a fan.

**Air-con sensibly**

- Set your air-conditioner to 24°C or higher.
- Air-condition the smallest area possible.
- Stop up gaps - prevent hot air coming in or cool air leaking out.
- Provide shade and good airflow around the compressor (the outside part of your air-conditioner).
- Close the blinds or curtains on windows that the sun shines on.
- If you're getting a new air-conditioner installed make sure to get it wired to the cheaper tariff 33 (controlled supply).

**Cool your body**

- Dress for our climate.
- Cool down with a quick cold shower.
- Drink plenty of water.
- Eat something cold.

**Head out somewhere cool**

- Head out to your local swimming pool or swimming hole, a shady public park, Riverway or The Strand
- Hang out at a shopping centre, the movies or the library
- Visit a friend and share their air-conditioning, or invite them to share yours.



## ENERGY EFFICIENCY

### **Be hot water smart**

- Turn down your electric hot water system to 60°C.

### **Electrical appliances + standby power**

- Eliminate standby power usage & save up to 10% off your electricity bill.
- Turn appliances off at the wall.
- If you like background noise - choose the radio rather than the TV.
- If you're not going to use your computer for more than 30 minutes, shut it down.
- Only turn on your printer when you are actually printing.
- Choose settings to use printer ink efficiently.

### **Only turn on the lights that you need**

- If there are more lights than you need on one switch remove some of the bulbs.
- Move compact fluorescent bulbs into the light fittings that you use the most.

### **Re-think refrigeration**

- The cost of running extra fridges and freezers can be surprising - run as few as possible.
- Position them out of the sun.
- Allow a 5cm airspace on ALL sides.

### **Be efficient in the kitchen**

- Cook in bulk and freeze meal sized portions for an easy dinner another night.
- Put lids on pots when cooking on the stove.
- Cook with the microwave or with gas in preference to an electric stove or oven.
- Boil only as much water as you need.
- Only run the dishwasher when you have a full load and select an 'eco' or short cycle.
- Leave the door open to air-dry dishes rather than using the dishwasher's drying cycle.

### **Washing daze**

- Wash clothes in cold water.
- Wait until you have full loads.
- Buy concentrated (ideally biodegradable) laundry powders, and use less laundry powder than is recommended.
- Line dry clothes.

### **Warm up in winter**

- Sit in the sun.
- Put on more clothes.
- Use a blanket.
- Seal off drafts.

## ACKNOWLEDGEMENT:

This poster is an initiative of North Queensland Conservation Council ([www.nqcc.org.au](http://www.nqcc.org.au)) with financial assistance from the Queensland Department of Environment and Resource Management's *Low Carbon Diet Community Funding Program*. The project was researched and coordinated on behalf of North Queensland Conservation Council by Sandy McCathie of ecoSAVVY ([www.ecosavvy.com.au](http://www.ecosavvy.com.au)). Illustrations and graphic design are by Gareth Wild (JCU School of Creative Arts).

This poster has been developed to provide hope and practical information to low income and disadvantaged households in the North Queensland region who are bearing the brunt of the rising costs of electricity, water, food and transportation.

By taking up some of these everyday practices all North Queensland households can save hundreds of dollars each year and without any implementation costs. The practices suggested will also significantly reduce the household's environmental and carbon footprints. Householders may also benefit from reduced stress, anxiety and improved health.

Poster created December 2010.

