



What's News?

10 commonsense ways to kick the carbon habit

Your carbon footprint is the amount of carbon dioxide produced by your daily activities and use of material goods. Your primary footprint is the carbon that you are directly responsible for - like the energy you use at home, the fossil fuels your car burns. Your secondary footprint is the carbon that you are indirectly responsible for – like choosing organic food, not to use plastic bags etc.

1. Work out what your carbon footprint is now, so you can check the effect of changes you make. Landcare Research do a New Zealand version - <http://www.carbonzero.co.nz/EmissionsCalc/EditDataSheet.aspx> Another easy to use (but UK based) one is: www.carbonfootprint.com/calculator.html. Throw a carbon footprint party and compare notes.
2. Eat seasonal, organic and local fruit and vegetables. Better still – check out our seedlings and grow your own. Cook your friends and family delicious fresh food at home.
3. Eat less meat and dairy – it contributes nearly half of New Zealand's carbon emissions. If you do want meat and dairy, eat organic – organic farming methods emit less carbon.
4. Question your buying habits – do you need it brand new? Can you get it second hand? Can you make it yourself? Can you share with a friend? Do you really need it at all?
5. Avoid plastic bags – and bring us any clean spares, which can be re-used. Carry one of our Envirosax bags with you – they fold up neatly into your bag.
6. Recycling is great – but re-using is best. Reuse jars and plastic containers for fridge storage; reuse cardboard boxes or cut them up into your compost; buy from our bulk bins using your own containers.
7. Shop with a backpack and walk, cycle or catch the bus home.
8. Wash your laundry on a cold wash using our cleaners that are free from petrochemical ingredients and totally biodegradable. Laundry liquid is fine with cold water, but dissolve laundry powder in a little hot water first, then add to the machine. Hang the washing out to dry instead of using the dryer.
9. Use cloth nappies, rather than disposables.
10. Plant a native tree – or two or three...

Now check out your carbon footprint again - haven't you done well. You deserve a massage – a low carbon impact treat!

visit our website www.commonsenseorganics.co.nz