

# Archive.

## Sustainable Living.

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We're starting to see the consequences of our exploitation of the earth. There is no denying the impact of our destruction and we have enough information to realise that we need to respond.

- ▣ Read through the [Just Gardening booklet](#) from Anglican Action
- ▣ Fan ovens reduce the amount of time needed to cook and also use less power
- ▣ Electric pressure cookers, pans or woks use less power
- ▣ Collect rain water or re-use water from sinks, washing machines and baths to water the garden
- ▣ Barbequing is a great way to save power
- ▣ Use plastic packaging from items already bought, newspaper or just the bin instead of plastic bin liners
- ▣ Turn the shower off when shampooing your hair, shaving or soaping
- ▣ Stainless steel reusable water bottles help eliminate the use of plastic bottles
- ▣ Make your own cleaning products
- ▣ Support local organic farmers
- ▣ Use a cup of water to brush your teeth. It reduces the amount of water used by running the tap
- ▣ Composting provides essential nutrients for your plants, it will also cut down the amount of your rubbish being sent out each week
- ▣ Use insulated curtains
- ▣ Turn off the power by the power point
- ▣ Buy green, organic or natural products next time you shop
- ▣ Buy energy efficient appliances such as a front loader washing machine – they use less water
- ▣ Use rechargeable batteries
- ▣ Reduce, Reuse, Recycle
- ▣ Buy recycled materials
- ▣ Grow a garden and share the produce with neighbours
- ▣ Change your light bulbs to energy saving bulbs
- ▣ Buy a green bag at the grocery store - and use it!
- ▣ House insulation reduces the need for heating
- ▣ Thaw food instead of using the microwave
- ▣ If and when you can, travel on public transport or walk to work

As demanding as these changes are to our everyday lifestyle, it is something that we all need to do if we are to reduce the damage caused by our lack of care and protection of earth. We owe it to ourselves, to other species sharing the earth, our neighbours and to the future generations yet to come.

### Green Resources:

<http://www.ban.org>

<http://www.wecansloveit.org>

<http://www.terrature.org/>

<http://www.greenpeace.org/new-zealand/?nz>

<http://www.forumforthefuture.org/>

<http://www.arc.govt.nz/>  
<http://www.zerowaste.co.nz/>  
<http://www.reducerubbish.govt.nz/compost/composting-101.html>  
<http://www.cfsan.fda.gov/>  
<http://www.ewg.org/reports/teens>  
<http://www.chem-tox.com/>  
<http://householdproducts.nlm.nih.gov/>  
<http://www.naturalnews.com/>  
<http://www.ewg.org/reports/bottledwater>  
<http://www.waternz.org.nz/index.html>

### **Green Living:**

<http://www.thegreenguide.com/>  
<http://www.sustainableliving.org.nz/>  
<http://www.donatenz.com/>  
<http://www.safecosmetics.org/>  
<http://www.energystar.govt.nz>  
<http://www.hazmobile.govt.nz/>  
<http://www.renewwasteexchange.org.nz/>  
<http://www.ronz.org.nz/RONZPage.aspx?pageid=5>  
<http://www.freecycle.org/group/NZ/New%20Zealand>  
<http://www.sustainability.govt.nz/rubbish/composting>  
<http://www.nzfsa.govt.nz/>  
<http://www.nzbagit.co.nz/home/>  
<http://www.reusablebags.com/facts.php>  
<http://www.naturemoms.com>  
<http://www.idealbite.com/tiplibrary/today>  
<http://www.care2.com/>  
<http://www.greenlivingtips.com/>  
<http://www.eartheasy.com/homepage.htm>  
<http://greenlivingideas.com/>

### **Green Products:**

<http://www.naturalchoices.co.nz/main/health-product-stockists.htm>  
<http://www.drbronner.com/index.html>  
<http://www.tradeaid.co.nz/Home>  
<http://www.almaypureblends.com.au>  
<http://www.bodyshop.com>  
<http://www.natureschild.com.au/>  
<http://www.gaiaskinnaturals.com>  
<http://www.amazon.com/>  
<http://sukinorganics.com.au/>  
<http://www.livingnature.com/>  
<http://www.trilogyproducts.com/>  
<http://www.drhauschka.com/>  
<http://www.weleda.co.nz/>  
<http://www.tuibalmes.co.nz/>  
<http://www.clorox.com.au/GreenWorks/>  
<http://www.nextgeneration.co.nz/>  
<http://www.ecostore.co.nz/>  
<http://www.realnappies.co.nz/#>  
<http://www.ecotanka.com/>  
<http://www.cariboonz.co.nz/cms/index.php/cariboo-earth>