

Tips for reducing your ecological footprint

- Calculate your own ecological footprint to find your own impact on the planet – please refer to the website **auscalc.footprintnetwork.org/ecological_footprint.html**
- Reduce the amount of energy you use. See the many tips on how to reduce energy consumption.
- Reduce your dependence on vehicle transport. See tips on transport.
- Grow your own vegetables and buy local products to reduce your “food miles”.
- Eat fewer meat meals as livestock contributes significantly to your ecological footprint. Animal products require far more land to produce food than plant products.
- Reduce the amount of waste you generate. See tips on waste reduction.
- Think about more extreme lifestyle changes. Live in a smaller house, or share the space in your house with more people.
- Fly less; commercial airplanes are a huge source of carbon emissions damaging our environment.