

FIFTY TOP TIPS FOR CREATION CARE

New Creation New Zealand



FOOD

1. Consider the impacts of transportation on food purchases.
2. Become concerned about food quality and health.
3. Visit your local Farmers' Market.
4. Shop at local producers.
5. Join a food cooperative.
6. Participate in a community garden.
7. Cook at home.
8. Eat less.
9. Buy organic.
10. Grow a garden and eat your own produce.

ENERGY

11. Minimise your home energy usage.
12. Calculate your carbon footprint.
13. Establish an energy budget.
14. Seal the envelope, i.e. stop leaks.
15. Plant trees.
16. Turn the thermostat down.
17. Change your light bulbs.
18. Adjust your water heater.
19. Unplug chargers and appliances when not in use.
20. Air-dry clothes.
21. Look for energy-saving appliances.
22. Do re-models right.
23. Buy renewable energy.

TRANSPORT

24. Consolidate trips.
25. Walk.
26. Bike.
27. Drive a more fuel-efficient vehicle.
28. Live close to work.
29. Use public transport.
30. Carpool or car-share.

HOME

31. Give away your money (the antidote for overconsumption).
32. Rent and borrow rather than buy.
33. Minimize packaging.
34. Avoid disposables.
35. Don't buy bottled water.
36. Buy products in bulk.
37. Recycle.
38. Reduce junk mail.
39. Compost.
40. Don't toss it; gift it.
41. Use low-flow toilets and shower-heads.
42. Take shorter showers.
43. Go digital.
44. Use environmentally-friendly landscaping
45. Use automatic sprinkler systems in the garden.
46. Become a consumer of recycled materials.
47. Avoid toxic materials.
48. Use healthy cleaning supplies.
49. Keep air filters clean.
50. Use water filters.

