



Zonta Club Hobart is a 50-year-old Club, part of a wide and diverse international network of people who work together to enhance Human Rights. We hope the following will foster community collaborative action in conserving our environment.

HOUSEHOLD HINTS

- **Reduce your carbon footprint**
- **Aim for zero waste**
- **Live a healthy lifestyle with a sense of wellbeing**
- **Save!**

Appliances

Switch off / unplug appliances at the power point rather than leave on standby

Wash clothes in Cold Water or at a lower temperature for some washes

Run full loads rather than frequent, small loads

Avoid using the tumble dryer (hang clothes up)

Familiarise yourself with the EU Energy label or e "A" label when buying appliances

Check the seal on your oven is sound

Slow cookers use less energy to heat

Away from Home

Travel with your coffee keep cup

Take the stairs rather than lifts

Consider riding your bike to work (Note...An electric bike may encourage you)

Avoid air conditioners and heat pumps windows anywhere if in use

Fly carbon neutral -Fly less often, maybe stay longer

Think about when and how you choose to drive, take public transport, car pool

Clothing

Donate, swap, sell, rent out unused clothing

Borrow or buy clothes second hand

Re-dye natural fibres eg cotton, linen. Thai dye old sheets to make present wraps

Repurpose wool from old jumpers

Use old clothing to make squares of perpetual present wraps

Computers and technology:

Check your brightness and display settings, power down your laptop.

Remove phone from charger when charged.

Turn off phones or switch to aeroplane mode overnight

Energy Consumption

Research the purchase of solar panels and batteries

Research new electricity companies. Ask your provider for a smart meter.

Heating and Cooling

Have heaters running at moderate temperature (18-21 in winter)
 Even reducing your heating by 1 degree will help
 Have air conditioners set to 23-26 in summer
 Adjust setting on heat pumps to low fan
 Turn of fans on wood heaters
 Close doors to rooms not being used when running heat pumps
 Turn the tap off while brushing your teeth or cleaning dishes
 Make sure your hot water system is set to a maximum temperature of 60 deg C
 Do your really need a heater on in your bedroom?

Garden

Grow your own vegys, pickle, preserve, freeze
 Apply mulch to the garden
 Choose water-efficient appliances, drip feeding, soaker hoses.
 Regenerate struggling plants. Re pot them and nurture them then re-plantwhen healthy.
 Set up a composting system and a worm farm
 Grow your own honey - consider bee keeping (note strict practices apply)
 Explore hot housing and hydroponics
 Join a community Garden
 Collaborate with neighbours to grow and swap produce

Healthy Living:

Food self-sufficiency – Grow your own produce.
 Eat foods that are in season
 Limit meat consumption and buy fish from sustainable fishing outlets.
 Take 'nude' lunch eg plastic free
 Eating Local, shop local. Seek out Local Produce Markets – eat more vegetables.
 Consider using a dehydrator
 Use a coffee keep cup
 Take your water bottle everywhere rather than buy bottled of water.
 Make beeswax wraps instead of cling wrap.
 Use leftover vegetables in soups and stews.
 Make your own ice cream, mayonnaise, jams, chutneys and sauces without additives.
 Purchase bamboo toothbrushes and toothpaste tablets online or in bulk shop
 Menstrual cups – with advice from your doctor.

Insulation:

Is your home is well insulated.
 Single – glazed windows might be switched to double glazed.
 Use think curtains and pelmet boxes or purchase window insulation panels
 Look for draughts and heat loss.
 Have knee rugs and throws handy
 Wear thicker clothing while inside your home

Lighting:

Switch off unnecessary lights.

Check your light bulbs are LED bulbs and are appropriate power for the situation.

Check your sensor lights are not going on and off too frequently.

Understand your electricity contract. Purchase green power, utilise off peak rates eg using appliances after 9pm

Check any spotlights don't come on unnecessarily in the wind?

Water Conservation

Use a shower timer, reduce shower time.

Fit water efficient taps and showerheads

Consider a rain water tank

Water in evening or early morning

Zero Waste

Reduce over consumption and know your recycling rules

Take reusable shopping bags to purchase produce, buy in bulk. Refill Milk bottles.

Buy compostable nappies/reusable cloth nappies.

If you always buy more than is on your list – think about shopping online for boot pick-up. Shopping online saves time, constricts your budget and helps employ pickers.

Before you buy something – ask yourself if you really need it.

Buy in bulk to avoid unnecessary packaging and/or choose products with least packaging.

Network: explore groups in your neighbourhood eg repair café, upcycled cloth collective, local farmers markets and pre-loved markets.

REPAIR household items.

REPURPOSE ie declutter, sell or donate items no longer in use.

RECYCLE – There are many ways to repurpose or recycle items. Before you 'throw' ...'think'

Keep old envelopes for note paper

Cut up old sheets for cleaning rags or make into pillow case underalys.

Cut up printing rejects to form shopping lists.

Store files digitally instead of on paper.

Find a neighbour with chooks to recycle scraps.

Look at local council disposal sites for difficult to recycle items, eg paint, gas cylinders et

Keep old candles to melt and remake.

Say no to plastic straws and polystyrene containers.

Before you throw out.....think through options.

Household Cleaning & Recipes Reduce the use of chemicals in your household cleaning:

Shopping List:

Purchase glass spray bottles 500+ ml.

Very flexible ice block trays or choose to use crumbly substances.

Castille Liquid Soap 500ml bottles available in supermarket

Cleaning Vinegar 2 ltr available in hardware

Essential Oil drops/fragrances available from a range of sources.

Water or distilled water/demineralised water – hardware stores.

Washing Soda – bulk food stores

Methylated spirits

Air Freshener	Add your favourite oil/fragrance to a spray bottle of water Say, 15 drops to 500 ml.	
Bathroom	<p>Hair Shampoo (1) 125 ml boiled water cooled 15 drops of chosen essential oil ½ teas olive oil Add ½ tsp xanthan gum 125 ml castille soap</p> <p>Hair Shampoo (2) ½ cup water. ½ cup castile vegetable-based liquid soap 1 teaspoon light vegetable oil or glycerine (omit if you have oily hair) A few drops of your favourite essential oil (optional)</p> <p>Soap There are many references online for soap making.</p> <p>Mould Spray (pink mould only) Add 1 cup vinegar per 500 ml water, Oil Clove 10-15 drops, or chosen oil/fragrance (non-porous surfaces)</p>	Mix in blender
Glass Cleaning	Mix equal parts vinegar and methylated Spirits with essential oil as preferred eg peppermint, lavender, lemon	
Kitchen	<p>Benchtop Cleaning (1) Castile liquid Soap ½ cup Cleaning Vinegar 2 teas Bi-Carb Soda 2 cups 20 drops oil eg lemon/peppermint 20 drops oil eg lavender/cloves</p> <p>Benchtop Cleaning (2) Castile liquid soap 2 tab. Add chosen oils eg lemon, peppermint or lavender. 500 ml water</p> <p>Surface Cream Cleaner (3) Mix up 1 cup Bicarb Soda ¼ cup Castille Soap 10 drops lemon oil 10 drops clove oil Dash Vinegar 1-2 tabs water</p> <p>Fridge cleaning: Use lemon oil and vanilla</p> <p>Beeswax Wraps instead of cling wraps: 100% cotton fabric Beeswax pellets (bulk store) Scissors or pinking sheers Baking tray and parchment paper Old paint brush Hanger and clips Pven</p>	<p>Mix together and put in a couple of spray bottles</p> <p>Mix together and put in a couple of spray bottles</p> <p>Mix together and put in a tub</p> <p>Cut fabric into preferred size eg 35 cm square Or sized for sandwiches. Place fabric on baking tray Distribute beeswax pellets across fabric, breaking up larger clusters. Place tray in oven for 8 min keeping an eye on it. When melted, use a spoon or falk to spread wax evenly.</p>

		Allow to dry, clip to a hanger Clean with cool water and air dry. Good for 3-4 months. Can be sewn into a sandwich pocket.
Personal	Sunscreen Advice (from Heron Is) Choose a reef safe sunscreen Buy Toothpaste Tablets (online or bulk food store) Consider insect sprays available with basis of tea tree, eucalyptus and peppermint rather than chemicals.	
Toilet	Toilet cleaning Equal parts citric acid, bicarb soda, corn flour (maybe 1.2 cup each. 6 drops of a chosen oil eg lemon or teatree Mix in a bowl, spray with a little water and mix Keep spraying small amounts until it starts to clump together. Place in moulds and set aside for 24-48 hours to dry.	Drop into very flexible ice block moulds to hardener retain as a crumbly substance.

Zonta Club of Hobart welcomes new members.

Please call Jill Taylor, President on **0400 125 154** if you would like more information or would like to visit a monthly club meeting or activity.