

OVERALL GOAL CHECKLIST

N/A	To Do	Done	Topic	What to Do	How to Do It	Resources
			Power Smart	Measure the electricity consumption of your appliances;	Buy or borrow a power meter. Meters available from JayCar, Altronics or The Alternative Technology Association (online) measure power used by individual appliances. Meters such as Efergy available from Bunnings measure power usage of entire house.	http://www.altronics.com.au/index.asp?area=item&id=P8133 http://www.efergy.com.au/ http://shop.ata.org.au/cart.php?target=product&product_id=16518&category_id=255
			Power Smart	Replace your electric or gas storage hot water system with a solar hot water system;	Check out the DPI Living Smart Fact Sheet.	http://www.dpi.wa.gov.au/mediaFiles/Is_SolarHotWater.pdf
			Power Smart	Reduce the amount of energy consumed by your existing hot	Insulate any exposed hot water pipes. Consider wrapping your storage tank in insulation. Lower the temperature of the	http://www.dpi.wa.gov.au/mediaFiles/Is_StorageWaterHeater.pdf http://www.dpi.wa.gov.au/mediaFiles/Is_InstantWaterHeater.pdf

				water system;	thermostat to 45 degrees or lower for instantaneous and 60 degrees for storage systems.	
			Power Smart	Turn off your second fridge;	Just do it! Only turn it on when you are having a party. Better still, get rid of it and use an esky with ice instead!	
			Power Smart	Switch off your appliances at the wall when not in use;	Plug all of your entertainment devices (e.g. TV, DVD, Stereo) into a single power board and then plug the power board into a socket that is easily accessible. Do the same for your home office equipment. Check out the DPI Living Smart Standby Power checklist.	http://www.dpi.wa.gov.au/mediaFiles/Is_StandbyPowerChecklist.pdf
			Power Smart	Replace incandescent lights with energy efficient lights;	Compact Fluorescent Lights (CFLs) use just 20% of the energy of traditional incandescent lights. LEDs are even better - they can use as little as 5% of the energy of traditional lights and last many times longer.	http://www.dpi.wa.gov.au/mediaFiles/Is_switchtoEnergyEfficientGlobes.pdf http://www.dpi.wa.gov.au/mediaFiles/Is_ConvertDownlights.pdf

			Power Smart	Turn off your electric or gas space heaters and put on more layers of clothing;		
			Power Smart	Get ready for summer by installing secondary glazing window films;	<p>Clear Comfort is a plastic wrap-style film that you can apply to your windows for a fraction of the cost of double glazing.</p> <p>Magnetite is a secondary glazing product that is about half the cost of double glazing.</p> <p>3M produces a window film (similar to tinting) that reduces up to 80% of heat transmission. It is provided here by DMS energy.</p>	<p>http://www.clearcomfort.com.au</p> <p>http://www.magnetite.com.au</p> <p>http://dmsenergy.com.au</p>
			Power Smart	Shade your windows from summer sun;	Plant deciduous trees or climbers to protect northern windows from summer sun; Consider a solar pergola above northern windows; Check out DPI Living Smart Guide.	http://www.dpi.wa.gov.au/mediaFiles/ls_heatingandcooling.pdf
			Power Smart	Purchase Natural Power;	Ring Synergy on 13 13 54 or apply online.	http://www.synergy.net.au/Residential_Segment/Green_Energy/NaturalPower_Application.html

			Power Smart	Install Solar Panels;	Contact Gary on 0419 586 765 or via e-mail (right) for details on latest solar panel offer. Check out the DPI Living Smart flyer on Solar PV.	gary@wardoffclimatechange.org.au http://www.dpi.wa.gov.au/mediaFiles/ls_PCcell_sept08.pdf
			Healthy You	Become vegetarian, or eat at least some vegetarian meals during the week;	Check out my website (right) for inspiration. Buy or borrow a good vegetarian cook book.	http://www.wardoffclimatechange.org.au/page/Recipe-Archive.aspx
			Healthy You	Try a milk-free fruit smoothie for breakfast;	Use whatever fruit you have available, ideally including something that is low GI (e.g. a banana), add a little water and blend until smooth. A great base is orange and banana to which you can add anything such as berries, even lettuce or spinach from the garden.	
			Healthy You	Reduce the amount of processed foods you eat;	Avoid the processed food aisles at the supermarket. Better still, don't go to the supermarket. Buy your fresh produce from a Farmer's Market, butcher or fruit and vegetable retailer.	

			Healthy You	Reduce the carbon footprint of your diet;	Check out the low carbon recipes on-line.	http://www.wardoffclimatechange.org.au/page/Recipe-Archive.aspx
			Healthy You	Reduce the amount of red meat you eat;	Eat more vegetarian meals, or more meals with eggs or chicken.	
			Healthy You	Walk more;	If you live close to the shops, consider getting yourself a wheelable shopping bag/trolley.	
			Healthy You	Do Yoga or Tai Chi;		
			Healthy You	Schedule in a regular siesta;		
			Healthy You	Join your local gym;	Use the gymlink website to find the nearest gym that meets your needs.	http://www.gymlink.com.au
			Healthy Home	Lock away all your harmful chemicals ready for the next shire hazardous materials disposal day;	If you live in the Eastern Metropolitan Region, check out their website (right) for upcoming collection days. Residents of other suburbs should check with your local council.	http://www.emrc.com.au/waste-page-Household_Chemical_Waste_Disposal_120.asp
			Healthy Home	Substitute harmful chemicals for natural cleaners such as Bicarb and vinegar;	Borrow or buy a copy of Shannon Lush's "Spotless" or "Speed Cleaning" for great ideas on how to clean without harmful chemicals. Check out the Pioneer	http://www.homepalette.com.au/ http://www.pioneerthinking.com/homecleaning1.html

					Thinking website for cleaning tips.	
			Move Smart	Catch the bus or train more;	Buy yourself a Smartrider card from Transperth and make sure you apply for Autoload to receive a 25% discount on your fares and to never have to think about topping up your account again. Download an application form from the Transperth website (right). Use Google Maps to plan your journey Transperth services.	http://www.transperth.wa.gov.au/Default.aspx?tabid=362&id=85 http://maps.google.com http://www.wardoffclimatechange.org.au/post/2009/02/Plan-Your-Journey-on-Transperth-with-Google.aspx
			Move Smart	Start a Carpool or participate in an existing car pool;	Visit The Car Pool website to find car pools operating near you or to register your regular journeys for other car poolers to take advantage of.	http://www.thecarpool.com.au/site/index.cfm
			Move Smart	Ride the bike or walk more;	Add panniers (saddle bags) to your bike so that you can ride your bike when you go shopping.	
			Move Smart	Convert your bike to an electric bike;	Check out the electric bicycle website.	http://www.electricbicycle.com.au

			Move Smart	Reduce fuel consumption of your existing car;	Remove excess weight from the car, Run on correctly inflated tyres, fill the tank before empty, accelerate and brake smoothly, turn off engine when idling. Check out DPI Living Smart guide.	http://www.dpi.wa.gov.au/mediaFiles/ls_smartercar.pdf
			Move Smart	Get rid of the second car and bank the \$\$\$;	Use public transport, ride your bike or walk instead. For those rare times you might need a bigger car (e.g. holiday) rent one instead. The average Perth commuter would save \$7,000 per year by using public transport and getting rid of the second car.	
			Waste Smart	Set up a compost bin;	Check out the DPI Living Smart guide to composting.	http://www.dpi.wa.gov.au/mediaFiles/ls_HomeComposting.pdf
			Waste Smart	Set up a worm farm;	Worm Farms are available at most hardware stores. Check out the DPI Living Smart's Worm Farming guide.	http://www.dpi.wa.gov.au/mediaFiles/ls_WormFarmReduceWaste.pdf
			Waste Smart	Buy a Bokashi Bin;	You can buy Bokashi buckets at Bunnings, Planet Ark in Fremantle, the One Earth Outlet in Balcatta, Environment House in	http://www.oneearthoutlet.com.au/default.asp?ID=02&prodID=10926 http://www.bokashi.com.au/

					Maylands or online.	
			Waste Smart	Buy second-hand rather than new;	If you are in the market for something, buy the Quokka from your local Petrol Station or Newsagency. Pay a visit to your nearest Salvation Army, Good Samaritan or St Vinnie's store.	http://www.quokka.com.au/
			Waste Smart	Buy less "stuff";	Whenever you are about to buy something new, ask yourself "Do I really need this?" If you need motivation, watch The Story of Stuff again.	http://storyofstuff.com
			Waste Smart	Repair something rather than replacing it;		
			Waste Smart	Re-use or Recycle items;		
			Gardening for Biodiversity	Plant some local native plants;	Check out your local nursery or specialist native nurseries such as Zanthorrea in Maida Vale or Apace in North Fremantle. Check out Gardening Australia's native plant	http://www.zanthorrea.com/ http://www.argo.net.au/pace/nursery.htm http://www.abc.net.au/gardening/factsheets/native.htm

					Facts Sheets.	
			Gardening for Biodiversity	Create a frog garden;	Can be as simple as a broad-based pot placed in a partly shaded area of the garden with some native fish to keep the mosquito population at bay.	http://www.frogsaustralia.net.au/conservation/creating-habitat.cfm
			Gardening for Biodiversity	Lock up your cat;	Many pet stores now sell large cat cages. If you are handy you can have a go at making one yourself.	http://www.catcagesaustralia.com.au/
			Gardening for Biodiversity	Weed your local nature reserve;		
			Gardening for Biodiversity	Join a friends group;	Check your local council for friends groups in your area. The Nature Reserves Preservation Group has information on how to start a friends group.	http://www.nrpg.org.au
			Gardening for Productivity	Create a no-dig veggie garden;	Check out the DPI Living Smart's guide to Veggie gardening.	http://www.dpi.wa.gov.au/mediafiles/ls_startavegegarden.pdf
			Gardening for	Build a chicken coop and run	Check out the Backyard Chickens website for 150	http://www.backyardchickens.com/

			Productivity	and get some chooks;	coop and run designs.	
			Gardening for Productivity	Plant a fruit tree;		
			Gardening for Productivity	Create a herb garden;		
			Water Smart	Harvest your Greywater for use on the garden;	Check out the DPI Living Smart guide to Greywater Harvesting.	http://www.dpi.wa.gov.au/mediaFiles/Is_Greywater.pdf
			Water Smart	Harvest Rainwater;	Check out the DPI Living Smart guide to Rainwater Tanks.	http://www.dpi.wa.gov.au/mediaFiles/Is_RainwaterTank.pdf
			Water Smart	Install a low-flow shower head;	Perfectflow shower heads are the lowest-flow shower heads that I have found at just 5.5l per minute. They are available for \$24.95 online. Remember that low flow devices won't work if you have an older instantaneous hot water system.	http://www.perfectflow.com.au
			Water Smart	Limit your time in the shower to	If you need to be reminded - buy a shower timer -	http://www.oneearthoutlet.com.au/default.asp?ID=02&prodID=11202

				4 minutes;	available from major hardware stores and One Earth Outlet in Balcatta.	
			Water Smart	Install Drip Irrigation;	Check out DPI Living Smart Guide.	http://www.dpi.wa.gov.au/mediaFiles/ls_DripIrrigation.pdf