




Earthcare

100 WAYS TO
HELP THE
ENVIRONMENT

2 0 2 5

The background of the page features abstract, organic shapes in various shades of green, ranging from light mint to a darker sage green. These shapes overlap and flow across the page, creating a modern, naturalistic feel.

“I cannot do all
the good the
world needs but
the world needs
all the good that
I can do”

– JANA STANFIELD

We were chosen to be stewards of this beautiful creation, our home, that God has gifted to us. With this stewardship comes great responsibility. It is no secret that the world is suffering at the hands of humans and, as the earth cries out in protest, we must do what we can to help her.

As Pope Francis states in his encyclical Laudato Si
**“EVERYONE’S TALENTS AND INVOLVEMENT
ARE NEEDED”**

No one can do it all, no one can fix it all- but together we can all make changes, be they big or small, that can make a difference.

EVERY SINGLE ACTION YOU TAKE COUNTS

Not every item on this list will be achievable for every person and that is ok. The sole purpose of this document is to inspire and motivate you to make small changes in your everyday life where possible.

The list

THE BATHROOM

- ☐ Take shorter showers.
- ☐ Turn off your tap while brushing your teeth.
- ☐ Collect water in a bucket while waiting for your shower to warm and use it on your plants.
- ☐ Opt for a bar of soap to reduce plastic packaging.
- ☐ Use a natural loofah instead of one made from plastic.
- ☐ If you can, opt for a bamboo toothbrush and compost it at its end of life.
- ☐ Use a low-flow shower head to save water.
- ☐ Try bamboo or recycled toilet paper.
- ☐ Shower instead of bathing where possible.
- ☐ Make sure you use up all of your product to fight waste.
- ☐ Don't throw away your empty makeup or skincare packaging- take it to a drop off point to be recycled so it doesn't end up in landfill!
- ☐ Use a facewisher or reusable cotton pads to remove your makeup.
- ☐ Keep an eye out for any leaks and ensure all are fixed promptly.



THE LAUNDRY

- ☐ Use sustainable washing products that don't have harsh chemicals in them.
- ☐ Try to line dry your clothes rather than using your dryer- it's better for the environment AND the lifespan of your clothes.
- ☐ If you must use the dryer, get some dryer balls to help reduce the length of time the machine is running.
- ☐ Always keep the lint filter of your dryer clean to optimise air flow and efficiency.
- ☐ When needing to update appliances, opt for ones with a good energy star rating.
- ☐ When your pegs are at the end of their life buy metal ones if they are easy for you to use.
- ☐ When using a washing machine, use cold water to reduce energy consumption.
- ☐ Can you reduce the amount of washing loads you do?
- ☐ Only run the machine when you have a full load.
- ☐ Buy washing products in bulk to save money and create less waste.



REMEMBER, THE MOST SUSTAINABLE OPTION IS TO USE WHAT YOU ALREADY OWN

THE KITCHEN

- ☐ Compost your food scraps.
- ☐ Buy organic when possible.
- ☐ Use what you have in your fridge and pantry first before buying so as to not waste any food.
- ☐ Buy your produce loose where possible or take your own reusable bags.
- ☐ Keep your reusable shopping bags in the car and use them each time you go grocery shopping.
- ☐ Freeze ingredients or meals to try and limit food waste.
- ☐ Try a vegetarian or vegan alternative one night a week.
- ☐ Opt for food packaged in recyclable materials (paper, cardboard or glass).
- ☐ If you have one, load your dishwasher to capacity before turning it on to get the most out of the wash cycle.
- ☐ Save your vegetable food scraps to make stock.
- ☐ Reuse jars and containers that once packaged food for storage.
- ☐ Use cloth napkins instead of paper to reduce waste.
- ☐ Invest in metal or wooden utensils- they last longer and are healthier for you.
- ☐ Buy local and in season.



THE WARDROBE

- ☐ Shop your wardrobe- do you really need a new outfit or can you wear something you already own?
- ☐ Purchase clothes made from sustainable fabrics, the best being organic cotton and linen.
- ☐ Buy second hand.
- ☐ Mend your clothes where possible and extend their life.
- ☐ Donate clothes that you no longer wear and are in good condition to charity or give to family and friends. Once clothes are at the end of their life use them as
- ☐ cleaning rags, recycle in a textiles waste bin or use to pad up old pillows.
- ☐ Skip buying and consider renting an outfit for a
- ☐ special occasion that you know you'll only wear once.
- ☐ Avoid trends and invest in pieces that you can wear
- ☐ forever.



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THE GARDEN

- ☐ Use a water tank to water your garden.
- ☐ Use rain and bore water where possible.
- ☐ Plant natives.
- ☐ Add insect hotels, bird baths and bird feeders to invite biodiversity into your garden.
- ☐ Learn about and use alternatives to pesticides.
- ☐ Have an array of plants to provide food and shelter for insects and small animals.
- ☐ Have a working garden- allow your garden to grow herbs and food for you!
- ☐ Share what you have- take part in our Fruits of the Earth Table or simply gift something to a neighbour.
- ☐ Only water your garden at suggested early morning or evening times to reduce water evaporation and increase soil penetration.
- ☐ When needing to update power garden equipment, consider going electric.
- ☐ Ditch the lawn and consider wildflowers or clover for ground cover.



TECHNOLOGY

- ☐ Clear out your email inbox to free up server space.
- ☐ Unsubscribe from unnecessary emails.
- ☐ Have your bills emailed to you rather than posted to save paper.
- ☐ Opt out of receipts where possible or say no if you don't need one in store.
- ☐ Avoid printing or use double sided printing.
- ☐ Turn off all electronics not in use to conserve energy.
- ☐ Utilise power save mode when possible to optimise energy usage.
- ☐ Repair devices where possible instead of replacing them.
- ☐ At their end of life, take your electronics to be recycled.
- ☐ Dispose of batteries properly or invest in rechargeable.
- ☐ When needing to update consider buying a refurbished product.
- ☐ Enable sleep mode on devices to conserve energy.
- ☐ Limit screen time and choose to spend it with family, friends or out in nature instead.
- ☐ Use a search engine like Ecosia instead of Google.
- ☐ Is solar an option for you?



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GIFTING

- ☐ Gift an experience to a family member or friend.
- ☐ Use the furoshiki method of wrapping, by wrapping your gift in a scarf or fabric to reduce waste.
- ☐ Save old wrapping and gift bags to reuse for your next celebration.
- ☐ Save tissue paper from deliveries to reuse when gifting.
- ☐ Avoid glitter and super shiny wrapping as these cannot be recycled at end of life.
- ☐ If you're buying flowers for someone, consider gifting a plant instead.
- ☐ Use your talents in art or cooking to make a gift for a loved one instead of purchasing something.
- ☐ Make a charitable donation in honour of the person you're gifting to a cause they feel strongly about.
- ☐ Ask the person you are gifting if there is something specific they need so you know you'll get them a gift they will love and use.
- ☐ Keep it simple during the holidays. Often during gift giving we may want to spoil those special people in our lives but it's so easy to get swept up into the consumerism of it all that we lose the message of why or what we are celebrating.



“I only feel angry when I see waste. When I see people throwing away things we could use.”

– MOTHER TERESA



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EVERYTHING ELSE

- ☐ Say NO to single use plastic.
- ☐ Switch your bulbs to LED to save on energy consumption.
- ☐ Turn off the lights when you leave a room!
- ☐ Use natural light instead of artificial during the day.
- ☐ Bring outdoors indoors and have air purifying plants in your home such as spider plants, snake plants and peace lilies.
- ☐ Use a refillable water bottle and take it with you when you go out.
- ☐ Keep a reusable bag with you while shopping instead of using a businesses shopping bag.
- ☐ Take cutlery from home so you don't need to use single use.
- ☐ Utilise public transport, walking or carpooling to reduce petrol consumption.
- ☐ Combine errands, trips and outings so you minimise how often you need to use your car.
- ☐ Visit the local library instead of buying a book.
- ☐ BORROW that item you need from a friend or family member instead of buying.
- ☐ Get a "No Junk Mail" sign for your letterbox to avoid excess paper waste.
- ☐ Look after your things- it is important to take care of what we own so it doesn't end up in the bin.
- ☐ Volunteer your time to be a part of a group that looks to help the environment.
- ☐ Talk to your family and friends about actions you could take to make changes in your life to be more sustainable.
- ☐ Research the companies you're purchasing from and make sure they're using sustainable practices- including fair trade.
- ☐ Educate yourself on the issues and do your own research- why is this so important and how can I help our common home?
- ☐ Add to this list and think of even more ways you can help the environment!



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The Fridge List

A LITTLE REMINDER TO KEEP ENVIRONMENTALLY FRIENDLY HABITS IN THE HOME – PLACE THIS LIST ON YOUR FRIDGE AND REMEMBER TO TICK OFF EACH DAY!

- ☐ Take shorter showers.
- ☐ Turn off your tap while brushing your teeth.
- ☐ Load your dishwasher to capacity before turning it on.
- ☐ Turn off the lights before you leave the room.
- ☐ Turn off your electronics after you're done using them.
- ☐ Line dry your clothes.
- ☐ Use cold water in your washing machine.
- ☐ Use what you have in your fridge and pantry first.
- ☐ Limit screens and spend time together instead.
- ☐ Say NO to single use plastic.

HOW MANY HAVE YOU TICKED OFF TODAY?

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