



### 30 Ways YOU Can Save Our Planet:

How to be a better steward of what God gave us.

This booklet shows you 30 ways for you to make your lifestyle better in an economical way.

Whether you believe in global warming is not the issue...we have been entrusted with a beautiful earth, one of a kind, and we need to take care of it.

And while you are caring for the earth, you will find many hidden benefits for you and your family. Your health, vigour and general feeling about life will improve!



For free distribution

1. Switch off appliances on stand-by.
2. Use energy efficient light-bulbs.
3. Try not to waste water.
4. Put buckets out in the rain to gather water for your garden.
5. Grow your own food. Or get your gardener to if you don't have the time.
6. Use electrical lawnmowers.
7. Start a compost heap or wormery.
8. Stay away from fast foods.
9. Reuse plastics, metals, glass and paper, recycle what you cannot reuse!
10. Don't use polystyrene and try not to use too much plastic.
11. Make birthday or Christmas cards on the computer and then E-Mail them to your friends instead of printing them.
12. Refill your printers ink cartridges.
13. Give old clothes and shoes away.
14. Use the car when it's too far to walk.
15. Wash your car yourself!
16. Take local holidays.
17. Only run a full dishwasher.
18. Buy a motorbike or scooter.
19. Try not to use pesticides.
20. Put an insulation blanket around your geysers.
21. Buy local foods if you don't have your own veggie garden.
22. Ride a bicycle instead of your car whenever you can.
23. Buy organic food whenever possible.
24. Convert to green household cleaners.
25. Make two vegetarian dinner meals per week.
26. Line dry your washing.
27. Buy second hand books.
28. Do you really need to up grade your cell phone every year?
29. Turn off the lights in the rooms in your house that haven't got people in them.
30. Choose wooden toys rather than plastic.



Visit [www.simple-green-living.com](http://www.simple-green-living.com)

## Climate Change Facts:

1. In 2005, many cities in west of America experienced the highest number of consecutive days with temperatures of 38 degrees centigrade.
2. In 2006 an area of the Greenland ice sheets 287 km<sup>2</sup> in size disappeared. This ice sheet was 3 and a half times bigger than the experts predicted.
3. In 2003, recorded temperatures across Europe were considered responsible for approximately 35,000 deaths.
4. The average temperature in Western Siberia has increased by 3 degrees centigrade in the last forty years.
5. In 2006, New York went without a white Christmas for the first time in 150 years.
6. In 2005, Europe experienced a year of unusual weather and weather catastrophes, including disastrous floods.
7. In one area of the Himalayas called Tien Shan, 400 glaciers are believed to have shrunk by 25% in the last 50 years.
8. In 2004, Japan was hit by 10 typhoons. This was the highest number ever recorded in one year in the country's history.
9. The hurricane season of 2005 brought flooding to New Orleans with much loss of life.
10. Seventeen million people in the Horn of Africa are facing starvation due to drought.
11. In July 2005, Mumbai in India experienced the heaviest rain any city in India has ever suffered in one day. During a 24 hour period 94 cm of rain fell.
12. Thirty-five islands make up the Kiribati Islands. Two have disappeared beneath the sea as a result of rising sea levels. The remaining 33 are likely to follow.
13. In 2004, flooding and landslides in Brazil left tens of thousands of people homeless.
14. Between 1950 and 2000, the average temperature in Antarctic Peninsula increased by 2.5 degrees centigrade.
15. In 2002, an area of ice 3250 km<sup>2</sup> in size broke away from the Antarctic Peninsula.
16. Between 2002 and 2005 bush fires raged in Australia as a result of abnormal rain fall.
17. In New Zealand 3 quarters of all the glaciers that the scientists examined show signs of shrinking.



## Useful Websites:

<http://www.capetown.gov.za/en/EnvironmentalResourceManagement/Pages/SmartLivingHandbook.aspx>

<http://50waystohelp.com/>

<http://www.myfootprint.org/en/>

<http://greenlivingideas.com/kids/eco-kids-the-sustainable-generation.html>

<http://www.motherearthnews.com/>

<http://mygreenhomeblog.com/>

<http://www.mygreenchoices.co.za/>

<http://www.pathtofreedom.com/>

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