

Saving the world from your sofa



meridian

44 ridiculously simple ways you can do your bit

Show your support for renewable energy by using these simple tips. While you're checking them out, remember one way to show your support for renewable energy is to switch to Meridian - New Zealand's largest generator of electricity from 100% renewable sources.



Saving the world from your sofa

Save the world from your sofa » **Tip 1**

Don't get yourself in hot water



Check to see if you can change the temperature of your hot water cylinder to 60 degrees Celsius. That's a safe level to avoid bacteria, but plenty hot for your shower.

Save the world from your sofa » **Tip 2**

Don't run with a toothbrush in your hand



Brushing cleans teeth. Running the tap while you do it is just wasting water.

Save the world from your sofa » **Tip 3**

Keep tabs on yourself



All Meridian customers get access to My Meridian, which is our convenient way for you to keep tabs on your energy consumption.

Switch to Meridian and support renewable energy

Save the world from your sofa » **Tip #1**

Blow up your car



Well, the tyres at least. Under-inflated tyres decrease fuel economy by up to 4%.

You don't leave your car running when you're not using it, so treat lights and electrical appliances the same way and turn them off. At the wall is best!

Save the world from your sofa » **Tip #3**

Become a real turn off



The energy it costs to produce and transport meat is far greater than vegetables. So try cooking a vegetarian meal one night a week.

Save the world from your sofa » **Tip #6**

Try meatless Mondays



Sadly we all get loads of bank statements and bills, but that doesn't have to be bad for the environment. Most companies allow you to opt to receive everything online.

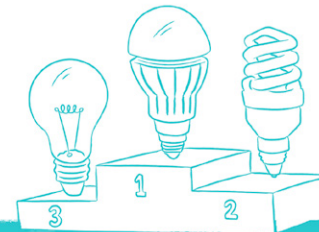
Save the world from your sofa » **Tip #8**

Get your bills online



Save the world from your sofa » **Tip #8**

Not all light is created equal



LED lighting is far superior in its power efficiency and uses less than one fifth of the power. Falling prices have made LED bulbs far more affordable these days. Just like with Meridian, you don't have to pay a premium to make a good choice.

Old cell-phone batteries are toxic. Dispose of them properly. Most mobile providers offer mobile phone recycling schemes. Just drop them off in the recycling bins in store.

Save the world from your sofa » **Tip #9**

Make the right call



Save the world from your sofa » **Tip# 10**

***Why drive
to the gym
if you can
run there?***



Make running or walking to the gym your warm up and warm down exercises.

Plastic water bottles take 450 years to break down. So just use one and refill it. Better still, use a glass or metal bottle to start with.

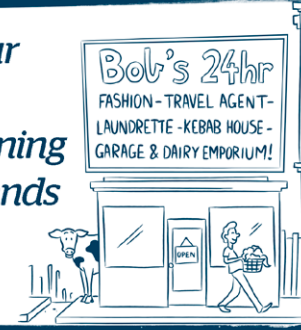
Save the world from your sofa » **Tip 11**

Refill your water bottle with tap water
(no one will know)



Save the world from your sofa » **Tip 12**

Make your life easier by combining your errands



Hit the post office, grocery store, laundrette, clothes store in one journey.

Save the world from your sofa » **Tip 12**

Your clothes don't need a nice warm bath



You're not going to have a cold bath, but your clothes could. Washing on a hot cycle can use 90% more energy per load.

Worm farms create fantastic compost for organic waste. Give your worm a name and teach it tricks like: Squirm, Wriggle, Dig and Slime – or maybe those are names.

Save the world from your sofa » **Tip 13**

Get some pet worms



Walk or bike or hop on a bus. Anything is better than driving your car. And you get the added bonus of a bit of exercise (even walking to and from the bus stop is better for you than walking from your garage to your house).

Save the world from your sofa » **Tip 15**

Use alternative forms of transport



Save the world from your sofa » **Tip 16**

Recycle glass



Glass takes about a million years to decompose, but it can be reused about a million times.

Save the world from your sofa » **Tip 12**

Clean out the boot



Carrying all that stuff around is just wasting energy.

Billions of toxic disposable batteries are tossed every year. Rechargeable batteries and a charger will save you money in the long run and help save the planet. It costs about 24 cents a year to recharge 120 batteries.

Save the world from your sofa » **Tip 13**

Recharge your batteries



Save the world from your sofa » **Tip 14**

Cruise control. If you have it, use it



It's not just that petrol is pricy, using cruise control can reduce your car's fuel consumption, and emissions.

Save the world from your sofa » **Tip 20**

Power down your work computer when you go



When you stop working, make sure your computer does too. Turning it off rather than putting it in sleep mode can save up to \$30 per year, which is roughly enough power to do 14 hours of ironing!

A leaking toilet can waste hundreds of litres of water a day. There are plenty of easy to follow websites online on how to fix a leaky cistern. Or you could just ask at any plumber's supply or bathroom store.

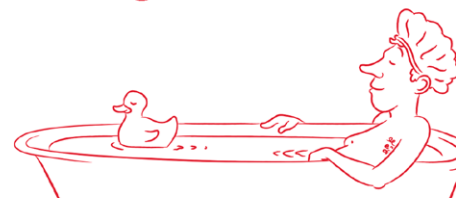
Save the world from your sofa » **Tip 21**

You should take a leak, not the toilet



Save the world from your sofa » **Tip 22**

Have just one bath a week whether you need it or not



A bath uses twice the amount of water of a shower. So, shower more and bath less.

A leaky seal on your fridge can be spilling energy into the house, make sure your fridge isn't leaking. To check, put a torch in it and shut the door. If you can see light around the edge you need a new seal.

Save the world from your sofa » **Tip: 25**

*Make sure
your fridge
has a
tight seal*



Save the world from your sofa » **Tip: 26**

*Dry your clothes using
solar and wind power*



The sun and the wind are pretty powerful, we should know. Dry your clothes on the line as much as possible to save on the dryer. We recommend double-pegging if you're in Wellington.

Save the world from your sofa » **Tip: 27**

*Use your
head*



An effective showerhead will reduce the amount of hot water you use significantly. That way, you could sneak an extra minute in the shower without feeling guilty. Well, not too guilty.

Save the world from your sofa » **Tip: 28**

*Re-use
old gift
wrapping
(even the gifts)*



Take a leaf out of your nana's book and unwrap your presents carefully so you can re-use the paper. And that gift you don't need or want might be just what someone else needs or wants. Re-gifting, it's another win win situation.

Save the world from your sofa » **Tip: 29**

Go eco



Most good washing machines these days have eco modes, or fast washes, so if it's a light load go light on the earth and your wallet.

Save the world from your sofa » **Tip: 30**

*Encourage
plant growth*



Plant a tree. It's good for the air, good for the land and good for shade.

Save the world from your sofa » Tip # 29

*Use only
the lights
you need*



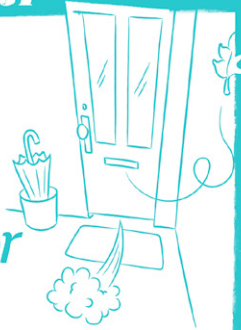
Recycle old newspapers



Over 450,000 newspapers are printed every day in NZ, the more that are recycled the better. Paper mache is a creative and fun way to use up old newspapers.

Often there is no point trying to heat a home efficiently if the house is full of draughts. So plug them up with new doors, or door sausages.

Leave the wind at the door



Napkins alone contribute to the destruction of millions of trees annually worldwide. So you can try using reusable cloth napkins and kitchen wipes. For the germaphobes out there, don't worry, just remember to clean them after use - they clean surfaces, not themselves (though that'd be cool).

Try not to make a mess when cleaning one up



Water the grass early in the morning



Water during the day and you'll lose most of the water to evaporation. Watering earlier is so easy you could do it in your sleep. Just make sure you're out of bed before you start.

You can't buy your electricity from overseas, which makes that choice easy. But there are thousands of other products where you have the choice to reduce your carbon footprint by buying and supporting local produce. And when it comes to food, most often homegrown is more delicious.

Your food needn't be better travelled than you



Everyone dreams of working from home. So, why not?



Working from home means not using your car, which we all know is a good thing. So see if you can swing working from home a couple of days a week with your boss.

Sneak a quick shower with your loved one and you'll get two showers for the price of one. But it may pay to ask them first!

Save the world from your sofa » **Tip 36**

Share the shower, but be careful who you share it with



Save the world from your sofa » **Tip 37**

Garden waste, isn't



It's not just weeds and lawn clippings from the garden that make good compost. Chuck in your veggie peelings, fruit waste, teabags, paper napkins, sawdust, ashes, coffee grounds, stuff from vacuum cleaner bags and unpaid bills! (Okay, pay them first).

Make sure your house is properly insulated, starting with the roof. Because it's like Mum used to say, you lose most of your heat out of your noggin. Check online for the 'Warm Up NZ: Healthy Homes initiative', as for some homes this could even be free.

Save the world from your sofa » **Tip 38**

Give your house a warm hat



Save the world from your sofa » **Tip 39**

It can't be more than 100% charged



Try not to leave your mobile devices on the charger longer than they need. Batteries aren't like you on the sports field, they only ever give 100%. Remember to turn the charger off at the wall.

When you're out shopping for products try to buy them without all the packaging. Most supermarkets supply cloth bags you can keep in the boot of the car and re-use with each shop.

Save the world from your sofa » **Tip 40**

Naked is best



Save the world from your sofa » **Tip 41**

Carpooling isn't just for footy teams



Carpooling to work will cut the carbon emissions you produce by half, or a third, a quarter, or a fifth. All depending on how many you can pack in.

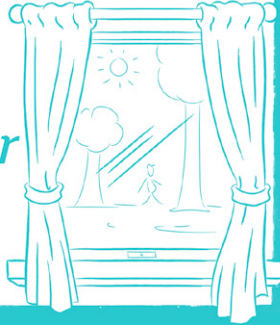
Save the world from your sofa » *Tip#* 

***If you sing in
the shower,
try shorter
songs***



A 15 minute shower costs around \$1, a 5 minute shower around 33c. A family of four could be saving around \$18 a week just by taking shorter showers. That's \$900 a year. So cut back on those Bohemian Rhapsody renditions.

*Don't
glaze over
this tip*



There are many ways to make the glass in your house work harder to keep in heat. Double-glazing or Low-e film are more modern ways, but good old-fashioned curtains are the easiest fix.

No, we don't mean become a caveman. But beards are cool these days, so you don't have to shave as often. Just another way to save water by being lazy.

*Go for that
caveman
look*

