Handout: Ecochoices for Sustainable Living

Ecological Footprint

Definition: Ecological footprint is a "tool that measures how much land and water area a human population requires to produce the resources it consumes and to absorb its wastes" (Global Footprint Network, 2007).

Calculate your ecological footprint:
Earthday Network at **www.ecofoot.org**
Global Footprint Network at **www.footprintnetwork.org**

Water

Alternatives to household chemicals, TEC ***Safer Solutions***
www.safersolutions.org.au
Water usage for a number of everyday goods, ***Water footprint***
www.waterfootprint.org

Waste

What can be recycled in your area, ***Planetark*** **www.recyclingnearyou.com.au**
How to dispose of household chemicals, ***Cleanout*** **www.cleanout.com.au**
Give away and receive items for free, ***Freecycle*** **www.freecycle.org**

Energy

Accredited ***GreenPower*** website **www.greenpower.gov.au**

Life Cycle Analysis

Definition: Life Cycle Analysis is "a tool for assessing the environmental impacts associated with a product, process or service throughout its life cycle, from the extraction of the raw materials through to processing, transport, use, reuse, recycling or disposal. For each of these stages, the impact is measured in terms of resource used and environmental impacts caused" (DEWR, 2007).

material extraction – manufacture – packaging – distribution – product use – end of life

Food Considerations

Australian Community Foods community for gardens, markets & Seed Saver groups **www.communityfoods.org.au**

Definitions:
A product labelled "***Product of Australia***" must have each significant ingredient or component sourced in Australia and all, or virtually all of the production processes taken place in Australia.

A product labelled "***Made in Australia***" must be substantially transformed in Australia. (Commonwealth Trade Practices Act 1974, S.65AC and 65AD).

Sustainable Seafood Guide ***Australian Marine Conservation Society*** **www.amcs.org.au**

Internationally recognised standard for seafood, ***Marine Stewardship Council*** **www.msc.org**

Fair Trade Association Australian & New Zealand, **www.fta.org.au**

References & Further Resources

The Watershed Sustainability Resource Centre, 218 King Street Newtown, 9519 6366

Department of Environment & Climate Change, for a wide range of resources on sustainability issues **www.environment.nsw.gov.au**

Australian Conservation Foundation, *Greenhome*, sustainable living information **www.acfonline.org.au/greenhome**

Ethical Consumer Group website **www.ethical.org.au**

Bicycle NSW, for bike news, groups and contacts **www.bicyclensw.org.au**

Green Vehicle Guide for ratings on vehicle emissions **www.greenvehicleguide.gov.au**

Your Home, sustainable home design and hardware tips **www.yourhome.com.au**