



**RIDE FOR YOUR LIFE**  
IF 10 PER CENT MORE PEOPLE CYCLED TO WORK, HEART DISEASE WOULD DROP BY FOUR PER CENT.



**POP YOUR CORK**  
THE PRODUCTION OF WINE SCREW CAPS EMITS 24 TIMES THE CO<sub>2</sub> OF CORK STOPPERS.



**BABY BOOM**  
THE GLOBAL POPULATION IS SET TO INCREASE BY 34 PER CENT BY 2050. THAT'S 2.3 BILLION BABIES.

# MERRY GO ROUND



'Tis the season to recycle, re-use and – dare we say it – re-gift. Australians send nearly 3.3 million tonnes of wasted food to landfill annually, much of it during the festive season. Add to that the 4,000 tonnes of Christmas wrapping paper we use each year and we can also say goodbye to at least 25,000 trees. However, Christmas needn't cost the earth. Here's how you can help Santa lighten his ecological footprint.

**:: TALK TURKEY**

No host wants to look like the prize turkey by under-catering, so we often go to the other extreme by over-catering at Christmas, wasting food unnecessarily. Better to do a realistic headcount, eliminate the phantom drop-ins from your catering list and buy only as much food as you need.

**:: YOU'VE GOT E-WASTE**

What kid doesn't get a buzz from receiving games and toys with all the bells and whistles? However, batteries contain toxic chemicals, are not biodegradable and are difficult to recycle. If you can't resist buying a battery-operated gift, at least purchase rechargeable batteries – and a charger.

**:: THINK OUTSIDE THE GIFT BOX**

Four calling birds, three French hens, two turtle doves and a partridge... do you really need more stuff cluttering your life? Instead of giving the 'same old' socks and hankies, give a voucher for an experience or donate to a charity in the recipient's name. Alternatively, de-clutter your gift list with a secret Santa for the adults in your family.

**:: SWAPPING BEATS SHOPPING**

You've received a gift you know you won't use. To re-gift or not? That's the guilty question. Ease your conscience – re-gifting is the green thing to do, and better than the gift collecting dust on the shelf. Or why not hold a swap party? You might just pick up some designer threads, books or toys in good condition without spending a cent.

## EAT THE STREETS

It might be one of Sydney's smallest suburbs, but Chippendale is growing – organically speaking. The nature strips on many of the streets are now sprouting vegetables, herbs and fruit trees planted by the local community, along with public compost bins, in an attempt to sow the seeds of change for sustainable city living. 'Food for everyone,' says the signage, inviting passers-by to help themselves. It's hoped the project encourages a new national road standard. Visit [www.sustainablehouse.com.au](http://www.sustainablehouse.com.au).



## MESSAGE IN A BOTTLE

Enviropreneur Gretha Oost is tapping into crowd-funding, pre-selling her award-winning re-usable water bottle with built-in filter to finance its production. Her eco-friendly 321 Water bottle was named after the three litres of water it takes to make one litre of bottled water. More than 500 (at \$32.10 each) have already been pre-sold, the target being 10,000 orders by March 2010. Visit [www.321-water.com](http://www.321-water.com).