Six ideas for improving your sustainability

1 Take your coffee cup with you

2017 marked the 30th anniversary of the modern single-use paper cup. In just three short decades, it is estimated that over 2 trillion of them have ended up in landfill. Reusable coffee cups are now widely available, there's really no excuse not to take one with you for your regular cafe stop.

2 Plant seeds

If you haven't tried growing your own food yet, why not? It's so rewarding to eat fresh produce you have grown yourself. If space is an issue you could try a simple set up of herbs and salad leaves on your kitchen windowsill.

3 Resell and donate

It is estimated that every Australian buys around 27 kilograms of textiles (clothing, linens, towels etc) each year and they discard 23 kilograms each year to landfill. Reselling, reusing or donating unwanted clothing and other household items is a simple way of giving these items a new lease on life and significantly reducing this type of waste.

4 Recycle as much as possible

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5 Use reusable water bottles

Fill up a water bottle to take with you when you're out and about rather than buying bottled water. It'll not only save you money but will also prevent plastic from ending up in landfill. Dependence on bottled water has added more than a million tons of plastic to landfill every year. Reducing single-use plastics, like water bottles and drinking straws can have a huge impact on this problem.

6 Reduce household energy use

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