

HOW TO LIVE SUSTAINABLY IN GLEN EIRA



Climate change is the biggest environmental, social and economic challenge faced by our global community. Climate change can often feel overwhelming, and global solutions are required, but many small actions do add up.

At a special meeting on Tuesday 5 May 2020, Glen Eira City Council passed a motion to declare a climate emergency. Council also committed to zero net community emissions by 2030. Reducing your carbon footprint doesn't have to be difficult or expensive — the steps below are effective, affordable and achievable for everyone, whether you're a homeowner or renter.



INSTALL SOLAR PANELS OR SWITCH TO GREENPOWER

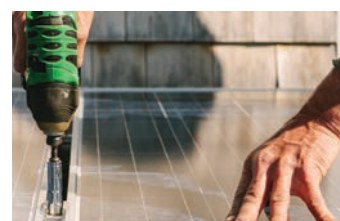
Did you know that 57 per cent of the Glen Eira community's carbon footprint comes from electricity¹?

So, switching to GreenPower or installing solar panels is the most effective action you can take to cut your carbon footprint.

Interested in solar?

We offer a trusted program for solar panels and batteries. *Solar Savers*, an initiative of ten local governments, is open to homeowners, renters and businesses. *Solar Savers* makes it easier for you to install a quality and affordable solar and battery system from an accredited installer. If you have a pension card, you may be eligible for a low interest loan from Bank Australia to pay off your solar PV system over ten years. You may also be eligible for the Victorian Government's *Solar Homes Rebate* program.

Contact Solar Savers on 1300 548 598 or visit <https://solarsavers.org.au>





DIVEST YOUR MONEY

Many banks, superannuation funds and share portfolios invest in fossil fuel projects. By divesting your money, you help to put pressure on financial institutions to stop financing the fossil fuel industry.

Market Forces have produced handy online comparison tables at www.marketforces.org.au



TRAIN, TRAM, BUS, BIKE AND WALK MORE

Eighteen per cent of the Glen Eira community's carbon emissions come from transport². Use your car less and train, tram, bus, bike and walk more to reduce your carbon footprint. It's better for the earth and your health.

You can find a *TravelSmart* map on Glen Eira City Council's website. The *TravelSmart* map has information on local train, tram and bus routes, as well as bicycle routes and paths.



CHOOSE REUSABLE AND DITCH SINGLE-USE PLASTIC

Did you know that plastic is made from fossil fuels, including oil, natural gas and even coal? That means our production of plastics is contributing to climate change. Also, much of it ends up littering our waterways and oceans.

One million tonnes of Australia's annual plastic consumption is single-use plastic³. Make a commitment to ditch the six most commonly used plastics — water bottles, coffee cups and lids, straws, foodware (cups, plates, cutlery etc.), takeaway containers, plastic bags — and replace them with reusable alternatives.

If you're already on the plastic-free journey, try swapping cling wrap for reusable containers or beeswax wraps, disposable makeup pads for reusable ones, plastic sponges for an old face washer, exfoliator for sugar or baking soda, plastic pens for refillable ones and tea bags for tea leaves.

Join your local *Love Our Street* group — community groups that meet on a monthly basis to pick up litter. See page 7 for more information.





SET YOUR THERMOSTAT

Set your thermostat to 20°C in winter and 25°C in summer — every degree higher can increase your energy bill by up to 10 per cent.

Zone your home and minimise areas to be heated and cooled by closing doors to areas of your home you're not using.



EAT LESS MEAT

Red meat production makes up almost 13 per cent of Australia's total emissions⁴. It also contributes to biodiversity loss, as land is cleared to graze animals.

If you or someone else in your household is a meat-lover, start by incorporating one or two meat-free days per week. It's a great opportunity to try some yummy new recipes too! For recipe inspiration, visit meatfreemondays.com



Photo: Banksia intergrifolia by Colleen Miller



CREATE AN INDIGENOUS GARDEN

Boost local biodiversity, attract wildlife to your garden and cut your water use by planting indigenous plants. Our *Indigenous Plants of Glen Eira* booklet lists indigenous groundcovers, climbers, grasses, wildflowers, shrubs and trees.

Download it here: www.gleneira.vic.gov.au/indigenous-plants



REPLACE HALOGEN LIGHTS

Reduce your electricity bill and carbon footprint by replacing halogen lights with energy efficient alternatives. LEDs are the most efficient form of lighting and last much longer than other forms of lighting.

You can also access free and discounted lighting upgrades through the Victorian Government's *Victorian Energy Upgrades* program.



SHOP SECOND HAND

Every ten minutes, an estimated 6,000 kilograms of textiles and clothing are dumped in landfill in Australia⁵. Fast fashion has enormous environmental and social consequences. Synthetic fibres made from petroleum take thousands of years to degrade and remain in our environment as micro-plastics.

Make a commitment to buy nothing new for three, six or 12 months. There are great opportunity shops in Glen Eira — check out Glen Huntly Road in Elsternwick or Centre Road in Bentleigh.



INSTALL DRAUGHT PROOFING

If you were to add all up these cracks and gaps in the average Victorian home, it would be the equivalent to the size of a football. These draughts let cool air out of your home, leading to a hot and uncomfortable house over summer, and higher energy bills.

You can access subsidised and discounted products to seal windows, doors, chimneys and vents through the Victorian Government's *Victorian Energy Upgrades* program.

If you're a renter, check out the *Green Renters Guide* to find out what improvements you can make to your rental property.



CUT YOUR FOOD WASTE

Did you know that one in five shopping bags of food is sent to landfill each year by Victorian households⁶? This generates up to 475,000 tonnes of carbon per year. Rotting food in landfill creates methane, a greenhouse gas 25 times stronger than carbon dioxide.

Most food waste is avoidable. Here are some tips:

- Plan your meals — write a shopping list, check what you already have before you shop.
- Use leftovers — eat leftovers for lunch or turn it into a new meal.
- Fill your freezer — most leftovers can be frozen and eaten at another time.
- Compost — place your food scraps in your compost bin, worm farm or bokashi bin.
- Community composting — if you don't have space for a home composting system, use a community composting collective like *ShareWaste*.
- Place your food scraps in your green organics bin. Food and garden waste is turned into compost at a commercial facility in Dandenong South. It is then used on farms, parks and gardens to improve soil.





BUY LOCAL FOOD AND GROW YOUR OWN

Did you know that the average plate of food in Melbourne has travelled three times around Australia to reach you⁷? Growing, processing, packaging and transporting food requires water and energy.

Commit to buying more local food. Shop at farmers markets — check out the Bentleigh Farmers Market that runs on the fourth Saturday of each month at Bentleigh Primary School. There are also many organic and local food delivery services on offer.

Have a go at growing your own herbs and veggies. If you don't have much space, start with some herbs on your windowsill.



BE INFORMED

Be informed on the latest climate science and engage your family and friends in conversation. The Climate Council is a great place to start — they're a community-funded organisation made up of leading climate scientists, health, renewable energy and policy experts. Their *Climate Action Toolkit* is packed with ideas about how to take action on climate change every day.

Another good place to start is to talk to your local MP. You're more powerful than you think. Your voice, and the opinions you share, can carry real influence. One of the ways we can encourage real climate action at State and Federal Government level is to demonstrate there is a groundswell of public appetite and vocal support for strong climate action.



HOST A CLIMATE CONVERSATION

We've launched an exciting new *Climate Conversations* program and have trained a passionate group as *Climate Conversations* Facilitators. These Facilitators will lead conversations with small groups of people who'll learn how to advocate for stronger climate action and cut their carbon footprint.

People are more likely to take action through conversations with people they trust. *Climate Conversations* uses the party plan model to facilitate discussions about climate change in people's homes and among friends.

Host a *Climate Conversation* with a small group of your friends and family. To register your interest, visit www.gleneira.vic.gov.au/climate-conversations



GET INVOLVED IN A LOCAL COMMUNITY GROUP

These fantastic groups are made up of volunteers who contribute many hours to causes including protecting our environment, waste reduction and advocating for stronger action on climate change.

Community and laneway gardens

There are four community and laneway gardens in Glen Eira. They are community-run. For their contact details, visit www.gleneira.vic.gov.au/community-gardening

Caulfield South Community Garden

450 Kooyong Road, Caulfield South

East Bentleigh Village Garden

90–92 Bignell Road, Bentleigh East

Murrumbeena Community Garden

117 Murrumbeena Road, Murrumbeena

Carnegie Laneway Garden and Gallery

Koornang Road through to Graceburn Avenue, Carnegie

Boomerang Bags Glen Eira

Dedicated volunteers who sew bags from donated fabric. Bags are gifted to local business partners with the aim to recycle, reuse and renew to reduce waste/landfill.

www.facebook.com/BbagsGlenEira

Carnegie Green Team

Works on creative recycling options, opportunities for greening their local area and much more. The group's motto is 'start where you are'.

www.facebook.com/GreenTeamCarnegie

Glen Eira Bicycle Users Group (BUG)

A volunteer organisation of cyclists with the goal of promoting sustainable transport through safer cycling facilities in Glen Eira.

www.facebook.com/groups/gleneirabug

Glen Eira Emergency Climate Action Network (GECAN)

GECAN is working to make Glen Eira a climate action leader for a safe, equitable and liveable future.

www.gecan.org.au

Jewish Climate Network

Catalyses the Jewish community to support and strongly advocate for action on climate change.

www.jcn.org.au





Love Our Street (LOS)

LOS groups organise regular community street cleans in their local areas to keep our suburbs free of litter.

Love Our Street 3161 (Caulfield North)

www.facebook.com/loveourstreet3161/

Love Our Street 3162 (Caulfield, Caulfield South)

www.facebook.com/LoveOurStreet3162/

Love Our Street 3204 (Bentleigh, McKinnon, Ormond)

www.facebook.com/Love-Our-Street-3204/

St Kilda Repair Café

A free meeting place where you can meet people with the knowledge, equipment, skills and advice to repair any item you bring to the café.

www.facebook.com/StKildaRepairCafe

Get free advice on energy-efficiency from the Australian Energy Foundation (AEF)

AEF provide obligation-free quotes and simple energy advice on solar panels, battery storage, insulation, draught proofing, LED lighting, hot water heat pumps, air conditioners, home energy assessments, pool pump controllers and window films. We've partnered with AEF to provide you with simple and trustworthy energy saving advice, services and products.

Contact AEF on 1300 23 68 55 or visit www.aef.com.au



STAY UP-TO-DATE

Keep up-to-date with our sustainability events and programs by following us on Facebook at www.facebook.com/sustainablelivinggleneira

References

- [1] [2] Ironbark Sustainability and Beyond Zero Emissions (2019), *Glen Eira Snapshot*
- [3] World Wildlife Foundation and Boston Consulting Group (2020), *Plastic revolution to reality: A roadmap to halve Australia's single-use plastic litter*
- [4] Commonwealth of Australia (2017), *National Inventory Report 2017*
- [5] Monash Sustainable Development Institute (2020), *Transitioning to a Circular Textile Economy in Australia*
- [6] Department of Agriculture, Water and the Environment (2020)
- [7] CERES Community Environment Park (2007), *Food Miles in Australia: A preliminary Study of Melbourne, Victoria*