



This Earth Hour, use your power and take climate action with these handy guides and tips:

### Food

- Buy seasonal and local instead of imported goods
- Become a SASSI consumer by buying green-listed fish: [www.wwf.org.za/sassi](http://www.wwf.org.za/sassi)
- Go meat-free for one day a week
- Cut down your food waste to limit how much ends up on landfills
- Say cheers to green wine: [www.wwf.org.za/conservationandwine](http://www.wwf.org.za/conservationandwine)

### Energy

- Buy a home energy monitor and place it in the kitchen to monitor usage
- Turn off appliances at the wall - Cell phone chargers, shavers and electric toothbrushes
- Switch off the geyser during the day and reduce the temperature
- Go solar and save your wallet from skyrocketing electricity costs
- Buy energy-efficient appliances and light bulbs
- Use less fuel by walking, cycling or using public transport where possible

### Water

- Flush less or use less water when you do
- Save up to 9 litres of water by turning off the tap while brushing your teeth
- Take a quick 5 minute shower and avoid baths
- Plant a water-wise garden with indigenous drought-resistant plants
- Fix leaky taps
- Ditch the bottled water

### Waste

- Start composting, it makes for amazing fertiliser
- Recycle. Recycle. Recycle.
- Think before you buy, it's better not to consume raw materials
- Make your own planet-beautiful fashion statement; hem your skirts, dye your shirts, swop with friends and go thrifty