



Teaspoons of Change - The Teaspoons!



This is a list of 50 small and important Teaspoons of Change you can do every day on a personal level:

1. Walk - good for mind, body, soul, spirit and the environment
2. Ride your bike
3. Use public transport
4. Avoid flying as much as possible
5. Never buy bottled water - boil, filter, chlorine, rainwater, do what you can!
6. Shop, eat and drink locally - the money will circulate back into your community
7. Buy local and in-season food
8. Fill your teaspoons with vegetables...
9. Reduce meat consumption or no meat, and lessen dairy intake as well
10. Don't eat or drink at big corporate chain stores - McDonalds, Starbucks, etc. they put profits ahead of people
11. Buy organic, and when possible, Fairtrade
12. Don't waste food
13. Grow at least some of your own food and have a relationship with it
14. Beware of foods that use a lot of energy and water to produce - cheese, meat, etc
15. Be conscious of packaging - the less the better, none is best
16. Take your own container and cutlery instead of using disposable take-away ones
17. Take your own grocery bags when shopping, if offered plastic bags politely refuse
18. Stop buying 'stuff' - do you need it? or just want it?
19. Try buy nothing new week/month - instead repair, be happy with less, do without
20. Buy second-hand whenever possible when you do need to buy
21. Be a conscious consumer - if something is cheap it is likely to be hurting people or planet in some way
22. Clear out clutter from your home and donate what you no longer need or use
23. Don't waste anything, use that last skerrick of toothpaste before disposal!
24. Many R's: Reduce, Reuse, Recycle, + Rethink, Refuse, Reconsider, Replace, Rent, Re-evaluate, Recalculate, Repair, Reconstitute, Revive, Renounce...
25. Know your rubbish - know what is recyclable and specifically when, where and how it is recycled - it makes a huge difference
26. Look after things so they last longer
27. Switch off appliances at the socket
28. 10 litres of water are required to make 1 sheet paper, don't print unless you must
29. If using paper use both sides of a piece of paper
30. Take Teaspoons of Change showers - get wet, soap up and wash, and rinse. Works with bucket or shower!
31. Pee in the shower and save water!
32. Turn off the Air Con, especially for sleeping - open a window, use a fan
33. Use LED lights, and powered by solar if possible
34. Solar - anything! Personal uses of solar technology - radio, charger, lights, etc.
35. Rechargeable - anything! Especially batteries, don't buy or use one-use batteries
36. Electronics - have your hobby but one camera and one gimmick can be enough. We add harm when we get sucked into new, better, flashier, faster, lighter etc.
37. Cold water - washing hands, clothes, shower (do it!), dishes. The only need for hot water is cooking and a shower (if you're not strong enough for cold showers!)
38. Hot water - use less, it is a double save on water and energy!
39. Volunteer at school and/or your community, ensure it is effective and fun!
40. Do 10 push-ups - feel good, be stronger mentally and physically or to keep warm
41. Keep yourself healthy so less visits to the doctor and that is better for all!
42. Don't accept advertisements being handed out on the street & stop this practice
43. Less is best! Less water, energy, waste, carbon etc. Or use renewable sources: rain water capture/solar etc.
44. Collect moments not things - you'll be rich in experiences and stories for life
45. Instead of buying gifts, give your time as a present
46. Share everything! Food, money, things, anything! You'll find it helps you too!
47. The free things in life are usually the best - people, conversations, learning, reading, writing, walking, cycling, running, thinking, creating, sunsets, sunrises, forests, art, gardens, meditation, helping others or writing nice things about others
48. Use your voice with your leaders - locally, domestically and internationally and get to know your member of parliament or government representative
49. Get a perspective on how 1 billion people live and Live Below the Line, on \$2 a day for food and drink, for 5 days
50. Speak to friends, family, people in your community, on FB, etc. about why you make good choices and take action - be a leader, be a role model!

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Personal choices, decisions and actions that have a positive impact on people & the planet creating positive change!