



# Introduction to Eco Living - Fact Sheet

## What is ecological living?

The word 'ecology' stems from the Greek words 'ecos' and 'logos', and translates to mean 'I will take care of everywhere I go'. Ecological living is about becoming more sustainable for ourselves and future generations

## How to live a more ecologically

There are many small, positive changes we can make in our everyday lives that can have a significant impact on our environment. Here are a few ideas to get you started:

- Rethink, reduce, re-use and recycle;
- **Rethink** the impacts of your lifestyle on our health and on our environment;
- **Reduce** your overall consumption of resources such as energy, water and consumables as well as your outputs, such as waste;
- **Re-use** everything you possibly can around the house and garden, have a garage sale or donate used goods to charities;
- **Recycle** using your Council provided recycling bins for paper, glass bottles and jars, steel and aluminium cans and plastic bottles and containers;
- Separate your food scraps and garden waste from your general rubbish and recycle them at home, school or office through worm farming or composting;
- Establish an organic vegetable and herb garden or buy organic produce.

## Ecological living facts

- In 2006-2007, Australians generated nearly 44 million tonnes of waste (approximately 2,080 kilograms of waste per person)<sup>1</sup>. The primary method of waste disposal in Australia is landfill.
- Approximately 50% of the waste we produce is organic. Organic waste in landfills can produce leachate and greenhouse gases which are both potentially harmful to our environment.
- Producing paper, aluminium, steel and glass from recycled materials rather than raw material saves significant amounts of energy, which reduces greenhouse gas emissions. In addition recycling reduces the extraction of natural resources.
- Food grown using natural organic methods helps to alkalise our blood and reduces the risk of much sickness and disease, while food grown using acid soluble synthetic fertilisers and pesticides will slowly make our blood more acid and increase the risk of sickness and disease.

*To learn more about making your lifestyle more sustainable come along to one of Kimbriki Eco House and Garden's [An Introduction to Ecological Living](#) workshops.*

1. Australian Bureau of statistics. 2010. Australia's Environment: Issues and Trends, Jan 2010.  
Available online: <http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4613.0Chapter40Jan+2010>

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