



## Sustainability News December 2017



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### Declutter Workshop with Tanya Lewis

When: Monday 4 December 2017, 7-9pm

Where: Willis Room, Whitehorse Civic  
Centre, 379 Whitehorse Road,  
Nunawading



### Your chance to win a Sustainability Prize Pack!

Christmas has come early! We're running Christmas Countdown Competitions on Facebook during the month of December. [Like us](#) on Facebook to stay tuned for more details. You could be a lucky winner of a Sustainability Prize Pack filled with eco-goodies!

Learn the principles for decluttering from a low waste perspective with Tanya Lewis.

Tanya lives by Ghandi's philosophy "Live simply so others can simply live". She is passionate about organising time, space and rethinking waste. She has assisted thousands of people to regain control over their time, space, save money, and reduce waste through The 10R's© Eco Organising Solution.

Bookings Essential. Click [here](#) for full details and to book.



## Preparing for the Summer Heat

As the weather gets warmer, here are some handy tips for you to keep cool this summer:

- Utilise your curtains and blinds to block out the sun.
- Install shade cloths or external blinds on your north and west facing windows.
- Pre-cool your home by selecting the most



## United Energy Summer Saver Program

Did you receive a letter form United Energy about their Summer Saver program?

In late October, United Energy sent letters to residents in selected locations to take part in their Summer Saver program. Don't forget you need to register your invitation code from the letter on their [website](#) to take part in the program.



**Don't waste your food (and money!) this Christmas**

comfortable room on either the south or east side avoiding the afternoon sun.

- Consider operating your washing machine during off-peak hours. This will reduce our overall energy demand at times when electricity is most in need.
- Keep in touch with your neighbours, especially the elderly and frail.

For more information, refer to the Department of Health and their extreme heat brochure downloadable [here](#).



## Urban Harvest

Forest Hill Horticulture Centre

When: Saturday 16 December, 10-11.30am

Where: 82 Jolimont Road, Forest Hill

Box Hill South Neighbourhood House

When: Saturday 16 December, 11am-12.30pm

Where: 47 Kitchener Street, Box Hill South

Christmas is one of the worst times of year for generating food waste. Everybody likes to be a good host and ensure their guests have plenty to eat, but with some simple tips you can reduce the amount of food waste you send to landfill.

### Plan meals

Plan your meals, including portion sizes, and what food and staple ingredients you already have in the pantry, then write a shopping list. This will stop you from over-purchasing perishable food items, and save you time returning to buy items you have forgotten.

### Store food correctly

Use labels on items you store in the freezer – remember to date them and use airtight containers, and learn which fruits and vegetables should be separated in order to stop them going off quicker.

### Embrace leftovers

Plan how to use your leftovers before preparing your Christmas meal. When storing leftovers in the freezer separate them into portion sizes first. Use cook books, websites, and smart phone applications organised by ingredients to search for recipes to use up your remaining food items after preparing Christmas meals.

To learn more click [here](#).

What to bring: Vegies, fruit, herbs you have grown but don't need. Seedlings, plants, seeds, eggs, honey, straw, liquid compost (in sealed bottles), recipes etc.

Remember to water plants and seedlings, and label to ensure new gardeners are aware of what they are planting. If you're bringing unusual plants/produce, please tell us how they should be grown/cooked.

Urban Harvest is a community group sharing backyard produce and gardening knowledge. For more information email: [urbanharvestswap@gmail.com](mailto:urbanharvestswap@gmail.com)



Mina, 21

\$73 / month

### Who made your clothes ?


Fashion Revolution and New Internationalist have just released a new online documentary made up of six short films in which the workers of the Bangladesh garment industry share their stories and reveal their concerns, hopes and dreams.

View the short films [here](#).

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