



Environmental Health Information Sheet: Energy Efficiency and Recycling

Introduction

Today more than ever it is important to be aware of your energy usage and your eco-footprint on this planet, as electricity prices rise and global warming becomes a real threat to our way of life. This information sheet has been provided to advise each householder in the Ashburton District of some simple measures that can be used to reduce energy consumption and recycle in the home.

Energy Efficiency

There are a number of very simple ways to reduce energy consumption in your home. By reducing energy consumption you are not only saving the environment but also saving money.

Have you considered:

- Changing your incandescent light globes to compact fluorescent globes?
 - ✓ CFL globes last up to 8 times longer than incandescent globes.
 - ✓ CFL globes use around a quarter of the energy of the incandescent equivalent.
- Switching off lights and other electrical appliances when your not in the room?
 - ✓ It is a myth that leaving appliances and lights running uses less energy than turning them on and off as needed.
- When purchasing new electrical appliances looking at the energy rating?
 - ✓ Although some appliances may be cheaper than others, an appliance with a better energy rating WILL save you money in the long term.
- Choosing solar power to heat water in your home?
 - ✓ The initial outlay may be more expensive but energy from the sun is free.
- Insulate the walls, roof and under the floor of your home?
 - ✓ The initial outlay can be expensive but will save you money on heating bills and keep you home cosy in the winter and cooler in the summer.
- Switching to Green power with your power provider?
 - ✓ Call your power supplier for more information.

Recycling

The Ashburton District Council has a fantastic Resource Recovery Park that contributes to reducing solid waste to landfill. Green waste is composted and items that can be reused are available for you to take and in some cases purchase. Here a few other things that you can do to reduce your waste and recycle in the home:

- Take your own bags to the shops instead of using plastic bags
 - ✓ Green bags are now available for purchase at most supermarkets
- Choose products at the shops with the LEAST amount of packaging
 - ✓ Buy in bulk where possible
- Compost your food scraps and old newspapers
 - ✓ This makes great fertilizer for the garden
- Give your unwanted items away or have a garage sale
 - ✓ Reduced the amount of household items in land fill
 - ✓ Provide much needed furniture and clothing to charities
- Reuse computer paper, wrapping paper and cardboard boxes
 - ✓ Scrap paper can be used by children for craft projects
 - ✓ Ask your local school if they need boxes for school projects

Further Information

If you require further information on composting please refer to the Environmental Health Information Sheet 4. Otherwise the Resource Recovery Park on Range Road in Ashburton is open 7 days a week for your convenience. If you have any further questions you can call the Council on 3077700 or look on a our website at <http://www.ashburtondc.govt.nz/services/solidwaste/ResourceRecoveryParks.htm>

Lets all work together to Reduce Reuse Recycle and Recover for a clean and green future!