



LIVING SUSTAINABLY

Small Actions, Big Benefits

Exploring practical ways to reduce waste, support healthy environments, and strengthen communities.



7 WAYS TO A MORE SUSTAINABLE LIFE

1 GROWING FOOD TOGETHER

Community Gardening



KEY BENEFITS

- Access to fresh, nutritious food
- Builds social connection and reduces isolation
- Encourages active, healthy lifestyles
- Develops practical skills and shared responsibility
- Improves neighbourhood safety, wellbeing, and local environment

2 TURNING WASTE INTO VALUE

Composting



KEY BENEFITS

- Reduces household waste (up to ~50%)
- Saves money on fertilisers
- Improves soil health and plant growth
- Increases moisture retention and soil structure
- Reduces temperature extremes in soil

3 SMARTER PEST CONTROL

Integrated Pest Management



KEY BENEFITS

- Protects human health by reducing toxic chemical use
- Protects ecosystems and waterways
- Maintains beneficial insects and biodiversity
- Reduces reliance on synthetic pesticides
- Reduces long-term pest problems through balance

4 WORKING WITH NATURE

No-Dig Gardening



KEY BENEFITS

- Conserves soil moisture and reduces watering needs
- Suppresses weeds naturally
- Builds soil fertility over time
- Reuses waste materials like newspaper and organic matter
- Reduces soil disturbance and erosion

5 SAFE FOOD GROWING

Organic Gardening



KEY BENEFITS

- Produces safe, chemical-free food
- Improves soil fertility and resilience
- Supports biodiversity and beneficial insects
- Reduces pollution of waterways
- Low-cost and adaptable for homes and communities

6 DESIGN BETTER FUTURES

Permaculture



KEY BENEFITS

- Builds resilient, self-sustaining communities
- Encourages efficient use of resources
- Reduces waste through reuse and recycling
- Supports local economies and food systems
- Improves quality of life while reducing environmental impact

7 SUSTAINABLE AT HOME

Everyday Choices



KEY BENEFITS

- Reduces energy and water bills
- Lowers household environmental impact
- Encourages local and sustainable food systems
- Minimises waste through reuse and recycling
- Creates healthier living environments

WHY IT MATTERS

When we take simple actions together, we create lasting benefits for everyone.



Healthier People
Better food, cleaner air and safer environments.



Stronger Communities
Connections, skills and shared purpose.



Lower waste
Less waste to landfill and more reuse.



Resilient Ecosystems
Healthier soils, plants, wildlife and waterways.



Saves Money
Smarter resource use and lower costs.

TAKE THE NEXT STEP

Start small. Choose one action from above and take the first step today. Together, our everyday choices create a more sustainable future for ourselves, our communities and the planet.



CHOOSE

Pick one action to start



ACT

Take practical steps today



CONNECT

Work with others in your community



INSPIRE

Encourage and share the journey

Advocating for responsible and sustainable stewardship of the environment