

Individual Baby Steps  
(No significant change to lifestyle)

Review Your Superannuation

- look at who owns and profits from your current fund
- discuss sustainable funds with your financial advisor
  - investigate who owns and profits from your proposed fund
  - move it to a sustainable fund

Review your sources of news

- Are the papers you buy owned by media moguls?
- Is the news you trust genuine news, or opinion?
- Do your news sources provide a balanced range of news, or just one side/limited scope?
- Stop paying for "opinion pieces" that only represent one side of an argument
- Consider subscribing to independent news sources such as "The Guardian"

Investigate where you spend your money - ask the following questions?

- Who profits from this?
  - Are those profits used to mislead or deceive?
  - Do those profits work against my core values?
- Are the profits (or even revenue) siphoned out of the country through low taxing jurisdictions
  - Consider alternatives

Choose sustainable product alternatives

- biodegradable/plant based plastic ziplock and other plastic bags
  - Biodiesel, ethanol or other fuels produced from renewable sources
- Try to substitute a few meat based meals with some vegetable based meals each week
  - Plant a vegetable garden / get some backyard chickens / run a compost bin

Review your electricity bill & usage

- Are you on a "green" energy plan? If not, find out what it would cost to switch and do so, if you can afford it
- How many Kilowatt Hours per day are you using?
  - Is it more or less than the average?
- Come up with a family game to try to reduce the amount used. Turn heaters down 1-2 degrees, air conditioners up 1-2 degrees
- Could you do a weekly "power free day" where you turn everything but the fridge off?
- What company do you buy your power from? Is it owned by a company in your country? Is it a good corporate citizen, or does it engage in transfer pricing to eliminate/avoid tax payable in your country

Transport

- Walk to the local shops/school/etc
  - Ride a bike
- Purchase an electric bike or other micromobility device, instead of a new car
- Hire a vehicle for long distance trips, instead of using a large car/4WD for daily commutes

Review your bank

- Do they do the right thing by their customers?
- Consider switching to a customer owned model - e.g. <https://bankaust.com.au/about-us/>

Look into subscribing to a Carbon Offset service - e.g. <http://cnf.com.au>

Keeping up to date

- Check out our website - [www.fridayclimatework.org](http://www.fridayclimatework.org) for tips and company research
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