



Welcome to Living Smart

Week 9

Healthy Home Healthy Office



Course Outline

<i>Wk 1: April 30</i>	<i>Intro to Living Smart</i>
<i>Wk 2: May 7</i>	<i>Power Smart</i>
<i>Wk 3: May 14</i>	<i>Waste Smart</i>
<i>Wk 4: May 21</i>	<i>Gardening for Food</i>
<i>Wk 5: May 28</i>	<i>Travel Smart & Peak Oil</i>
<i>Wk 6: Jun 4</i>	<i>Healthy You</i>
<i>Wk 7: Jun 11</i>	<i>Gardening for Biodiversity</i>
<i>Wk 8: Jun 18</i>	<i>Water Smart</i>
Wk 9: Jun 25	Healthy Home/Office ←
<i>Wk 10: Jul 2</i>	<i>Beyond Living Smart</i>
Follow up	Community Smart - Painted Fish Slide 2



Today's Program

11:00-11:15	Start-up, review goal achievement
11:15-11:35	Healthy home – cleaning demo
11:35-11:45	Healthy office – CH2 - CoF
11:45-12:00	Goal Setting
	Eat!



What Have You Done Since Last Week?

- In Table Teams:
 - Discuss what you have done since last week;
 - Select the person that has achieved the most;
 - Prepare to report back to main group;
- Time: 5 minutes



Health Smart Home

Chemical Free Cleaning

Indoor Air Quality

Cosmetics

Building Materials

Pest Control



Top 3 tips...

- Minimise toxics
 - Non toxic cleaning products
 - Microfibre cloths
 - Building materials (VOCs)
 - Cosmetics
 - Low toxicity pesticides
- Ventilate
 - Open windows
 - Don't make the bed (dust mites)
- Dry it
 - The shower
 - The kitchen sink



List of cleaning products in my home

- **Biodegradable, low phosphate washing powder and washing up liquid**
- **Spray bottle of vinegar**
- **Spray bottle 50:50 vinegar and water**
- **Shakers of baking soda (sodium bicarbonate)**
- **Spray bottle of water**
- **Borax (sodium borate)**
- **Eucalyptus/tea tree oil**
- **Beeswax polish**
- **Plant based toilet cleaner**
- **Orange oil**
- **Rags, brushes**
- **Microfibre cloths**



Demonstrations...

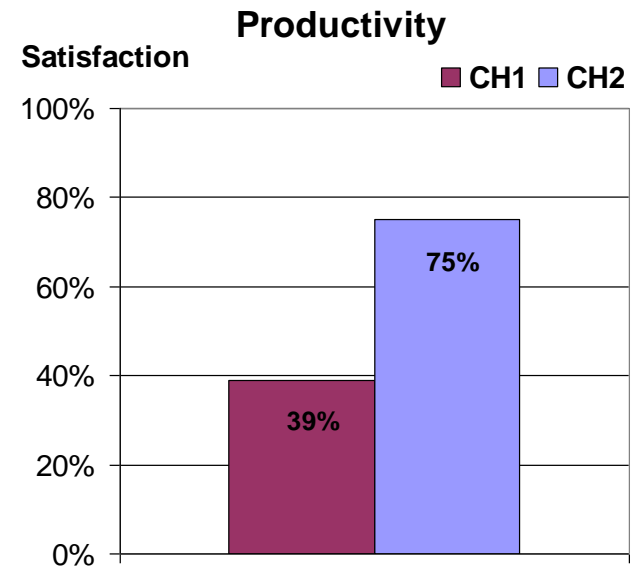
- Cleaning tea stains
- Cleaning silver



Healthy Office



CH2 – Melbourne



CH2 -Sustainability features:

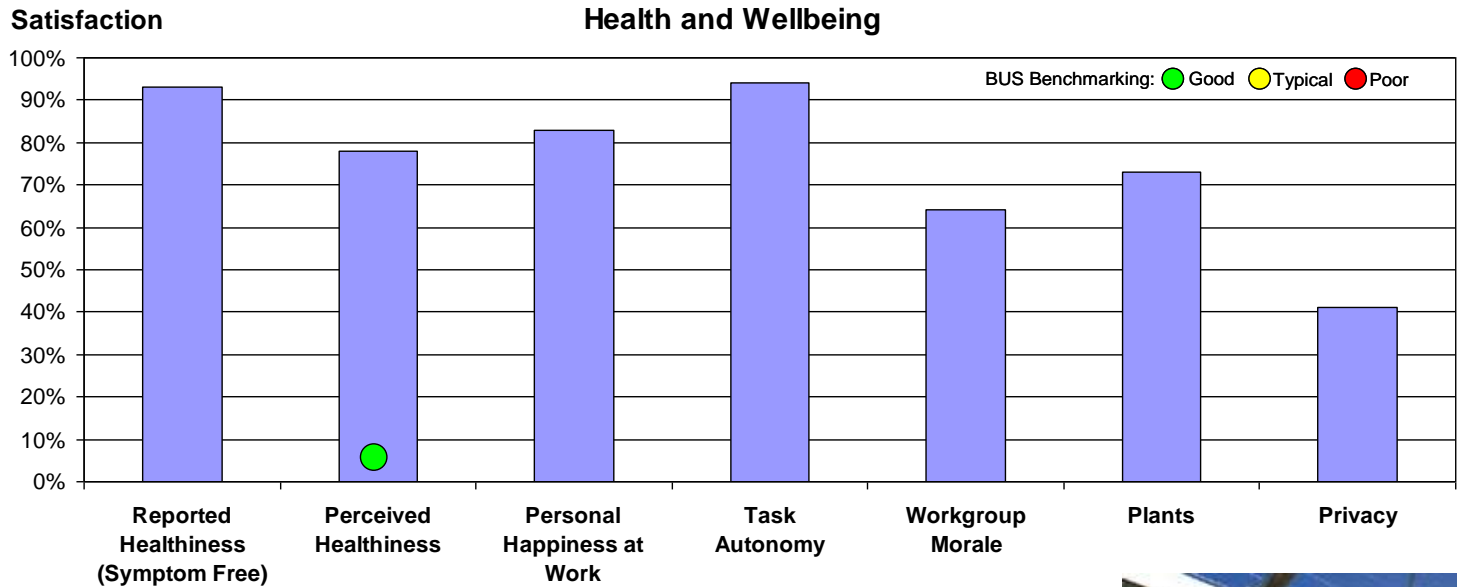
- Low energy, passive cooling systems
- Low energy, integrated electric lighting and daylighting systems
- Co-generation, photo-voltaic cells, and wind-driven turbines
- Active louvres on West facade and vertical garden on North facade
- Sewer mining, water recycling, rainwater collection
- Use of recycled materials
- Extensive facilities for cyclists







<http://www.melbourne.vic.gov.au/info.cfm?top=171&pg=1933>



Living
Smart

What about CoF buildings?

- Chemicals?
- Plants?
- Fixtures?
- Ventilation?
- Task lighting?
- Behaviours?



Goals...

- Write it, tell someone
- Make it specific
- Make it positive & present
- Make it achievable
- Make it measurable
- Give it a deadline
- Allow flexibility
- Reward yourself!



Living smart



Smart
Sustainable Communities

My overall goal and steps to achieve this are:

goal: _____

step 1: _____

step 2: _____

step 3: _____

Why I want to achieve my goal:

I will achieve my goal by:

"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."
goethe

Topic: _____

My overall goal and steps to achieve this are:

goal: _____

step 1: _____

step 2: _____

step 3: _____

Why I want to achieve my goal:

I will achieve my goal by:

"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."
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Topic: _____