



# **Welcome to Living Smart**

## **Week 7**

### **Healthy You Healthy Home**

### **Healthy Office**



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Slide 1

# Course Outline



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Wk 1: May 27	Intro to Living Smart
Wk 2: June 3	Power Smart
Wk 3: June 10	Waste Smart
Wk 4: June 17	Gardening for Food
Wk 5: June 24	Travel Smart & Peak Oil
Wk 6: July 1	Gardening for Biodiversity - Fieldtrip
<b>Wk 7: July 8</b>	<b>Healthy You, Home, Office</b>
Wk 8: July 15	Water Smart
Wk 9: July 22	Beyond Living Smart
Wk 10: July 29	Community
TBA	Follow up

Slide 2

# Today's Program



1:30-1:40	Start-up, review goal achievement
1:40-2:00	Healthy You
2:00-2:20	Healthy Home and Healthy Office
2:20-2:30	Goal Setting

# 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

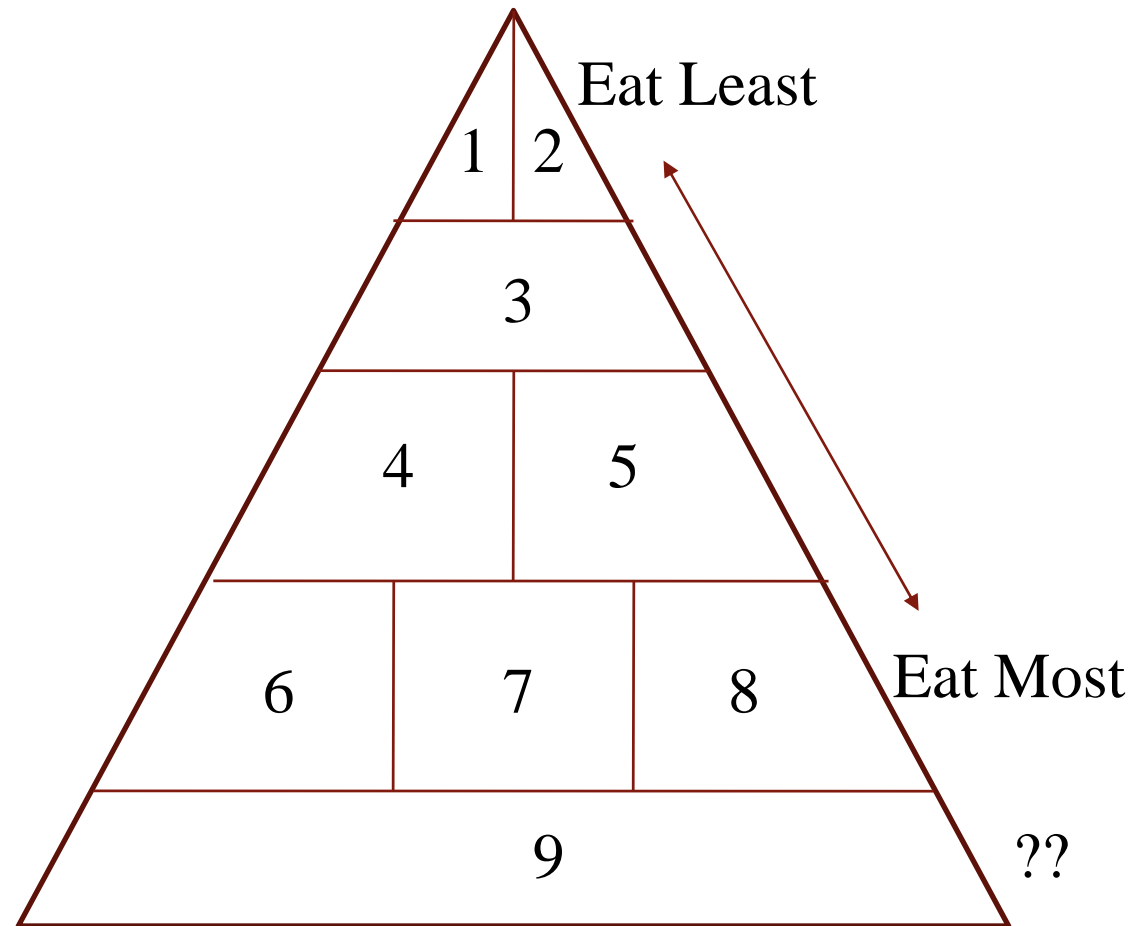


# HEALTHY YOU

# What supports your wellbeing?



# Which Foods Are Best for You?





# The OLD Food Pyramid



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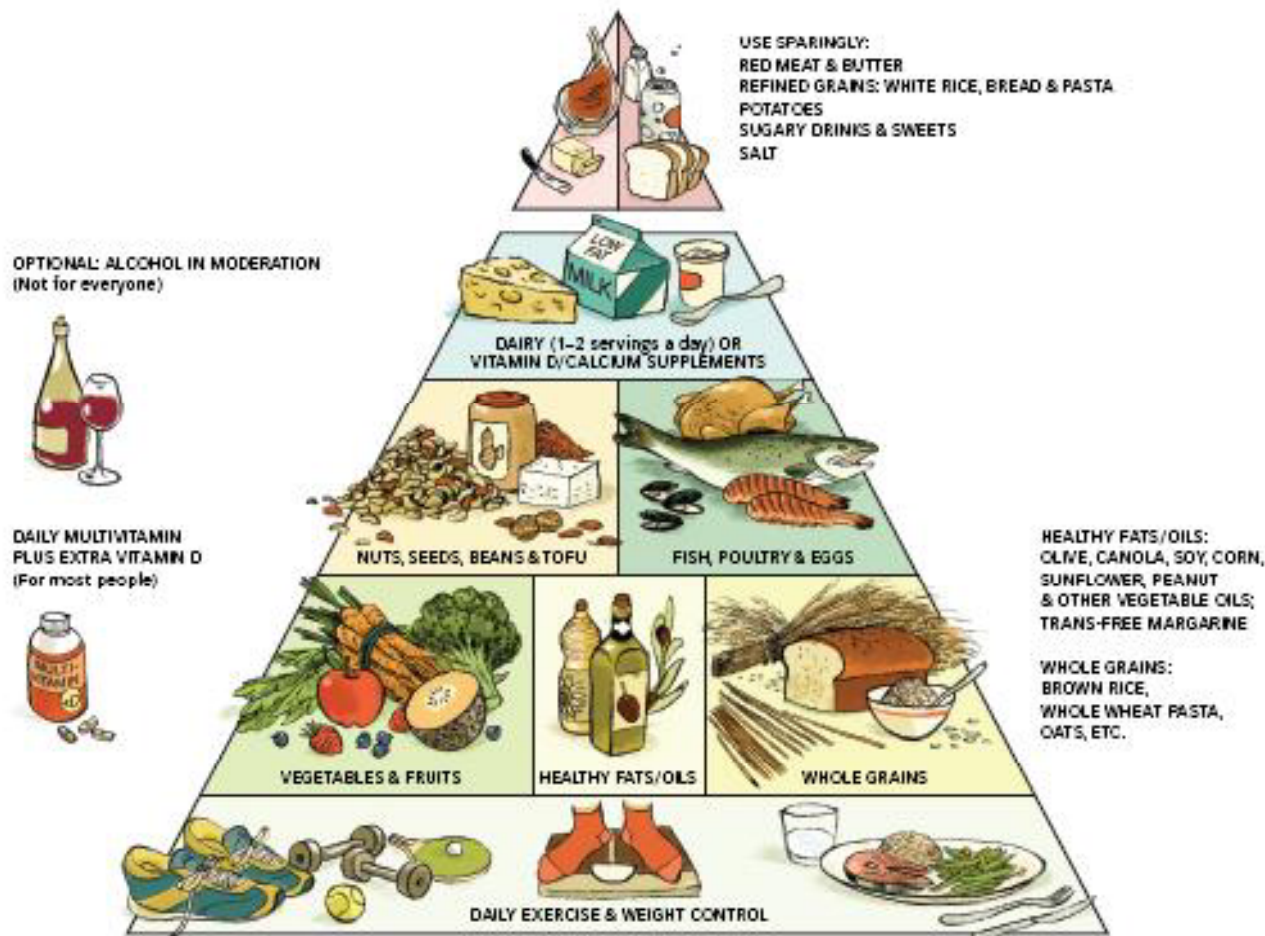


Source: Kellogg



# THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



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For more information, visit [WWW.THENUTRITIONSOURCE.ORG](http://WWW.THENUTRITIONSOURCE.ORG)

# Your **choice** and **source** of food makes a difference to you AND the planet



- How was it grown/produced?
- What was the artificial fertilizer volume used?
- How much processing was involved?
- Where did it come from?
- Was it refrigerated for a long period?

# The BEST Option:





# The Next Best: Organic Suppliers e.g. Manna Wholefoods



274 South Terrace South Fremantle



# Looking for other Organic Retailers?



Name	Street	Town	postcode	phone	Website
Greenmart Eco Store	175 Hay Street	East Perth	6004	08 93258881	www.greenmart.com.au
Thooggoorbu Fellowship	65 Auckland St	North Perth	6006		
Organic Farm Food Shop	227 Oxford St	Leederville	6007		
Earth Market Subiaco Mews	375 Hay St	Subiaco	6008		
Permaculture Association Of WA Inc	P.O. Box 430	Subiaco	6008		
Broadway Fair Health Foods	Shop 20 Broadway Fair	Nedlands	6009		
Freshline Organics	265 Curtain Ave	Cottesloe	6011		
Marwick's Free Range Shop		Cottesloe	6011		
Camen Pty Ltd	320 Cambridge Street	Wembley	6014	08 9387 9500	

# Farmers Markets

Mount Claremont Primary School  
Saturdays 8am to 11:30am



FERN – Cnr High Rd & Montreal Street  
Sundays from 7:30am to 12:30pm

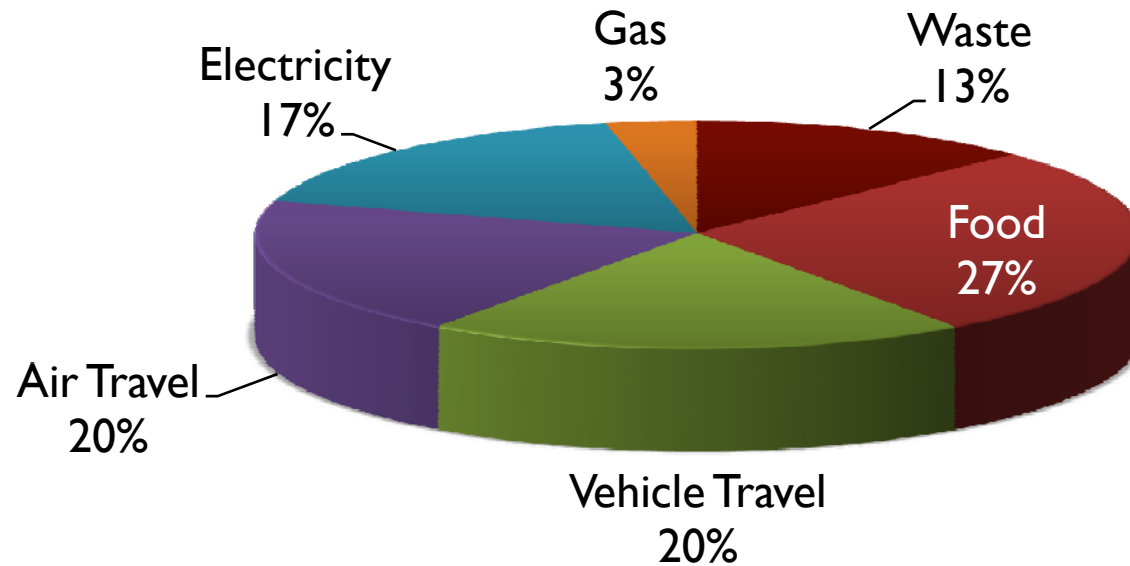
# Value of Breakfast



- Snack frequently and eat breakfast – avoid brain fog
- Skipping breakfast
  - Reduces concentration by 20%
  - Creates glucose shortage in the brain
  - Sends you into starvation mode
  - Generally eat more later in the day



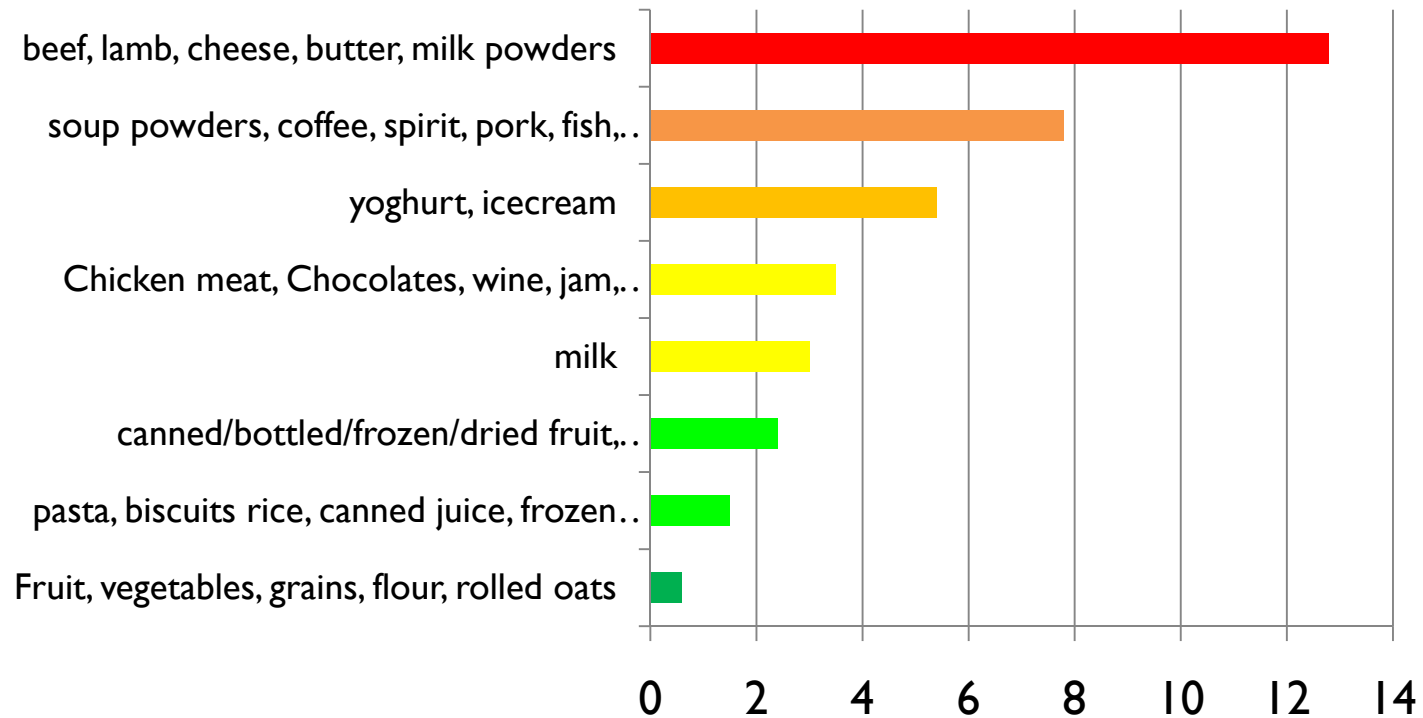
# For most Aussies, what they eat is their biggest contribution to Climate Change



# The Greenhouse Emissions of the Food You Eat

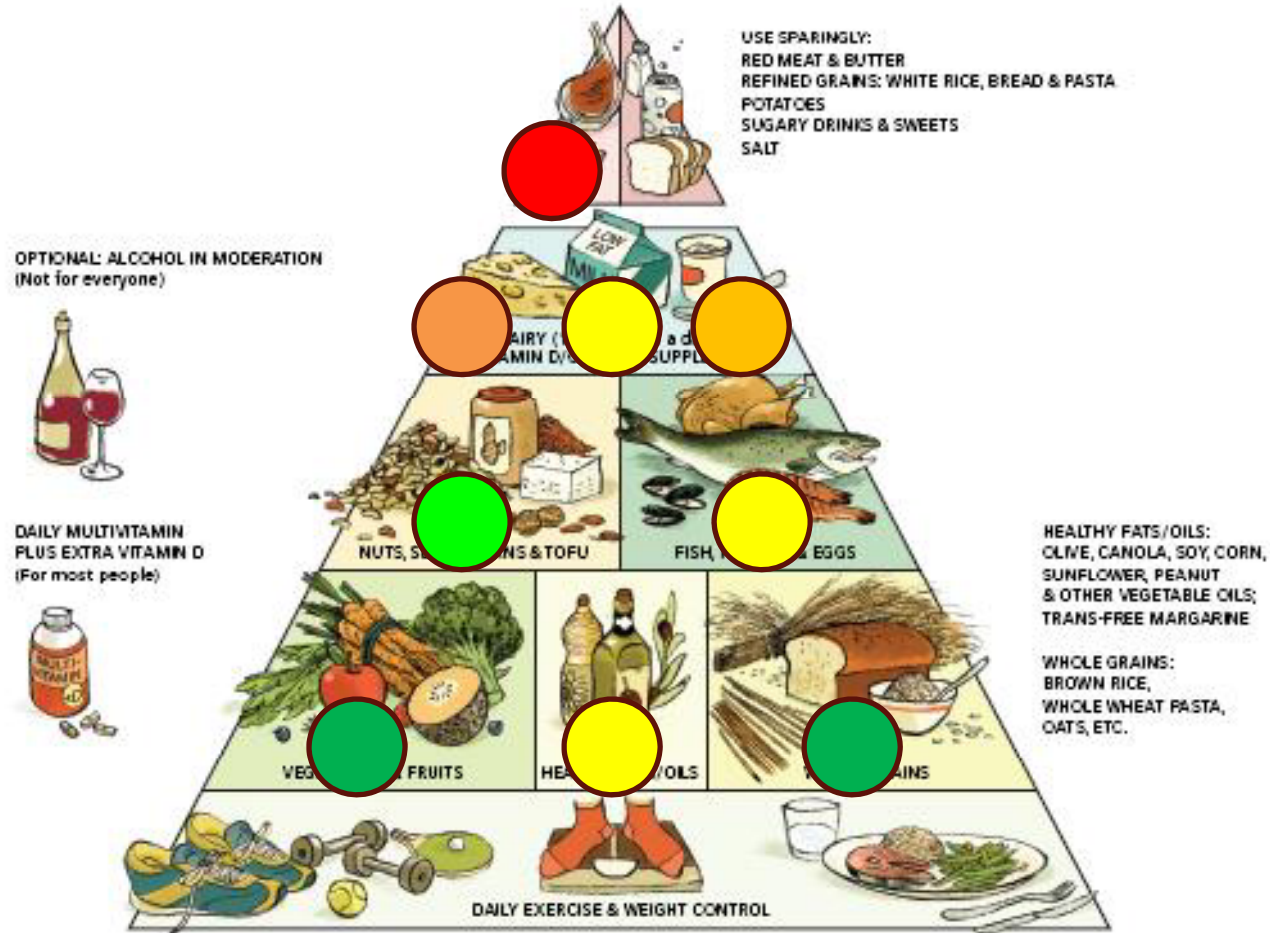


**kg Co2/kg food**



# THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



# Looking for Low Carbon Recipes?



Your source of ideas, inspiration,  
resources and links on how to...

## Ward off Climate Change



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[www.wardoffclimatechange.org.au](http://www.wardoffclimatechange.org.au)



# Health Smart Home

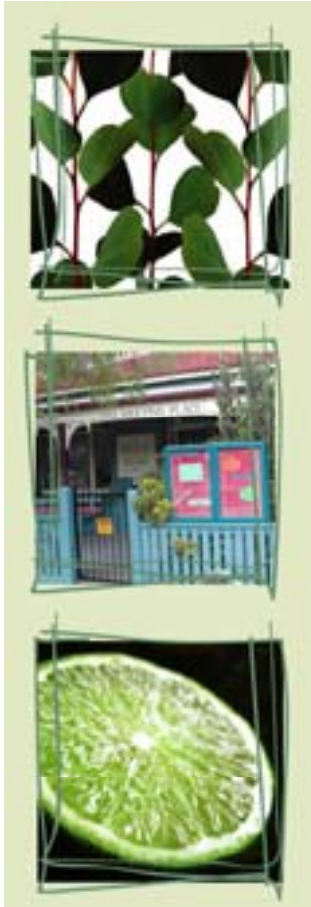
Chemical Free Cleaning

Indoor Air Quality

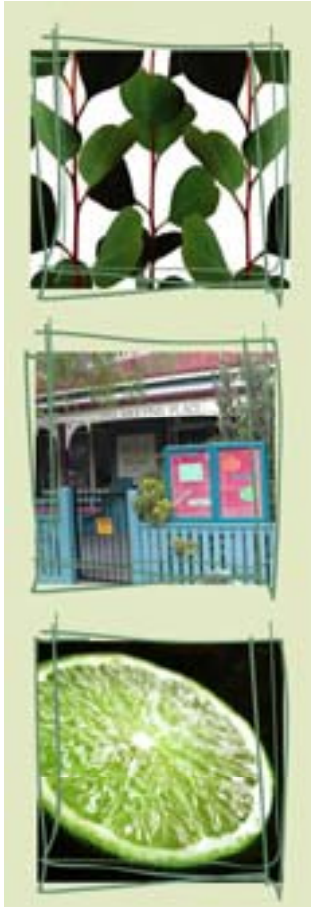
Cosmetics

Building Materials

Pest Control

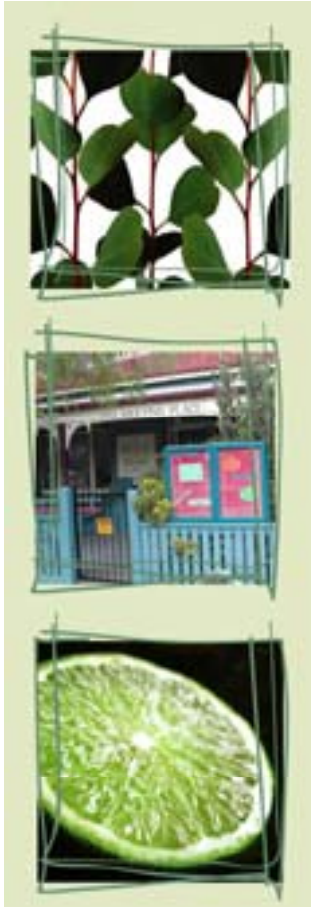


# Top 3 tips...



- Minimise toxics
  - Non toxic cleaning products
  - Microfibre cloths
  - Building materials (low VOCs)
  - Cosmetics (minimise)
  - 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

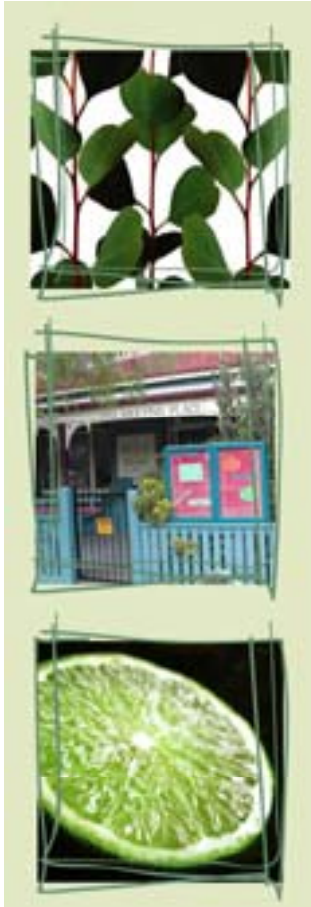


- **Biodegradeable, low phosphate washing powder and washing up liquid**
- **Spray bottle of vinegar**
- **Spray bottle 50:50 vinegar and water**
- **Shakers of baking soda (sodium bicarbonate)**
- **Spray bottle of water**
- **Borax (sodium borate)**
- **Eucalyptus/tea tree oil**
- **Beeswax polish**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

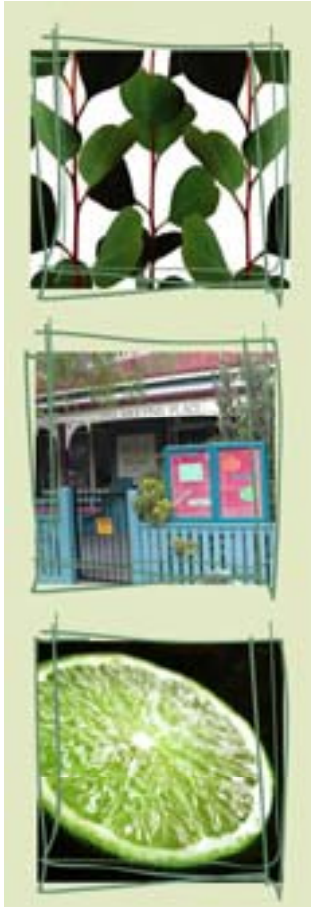


# Demonstrations...

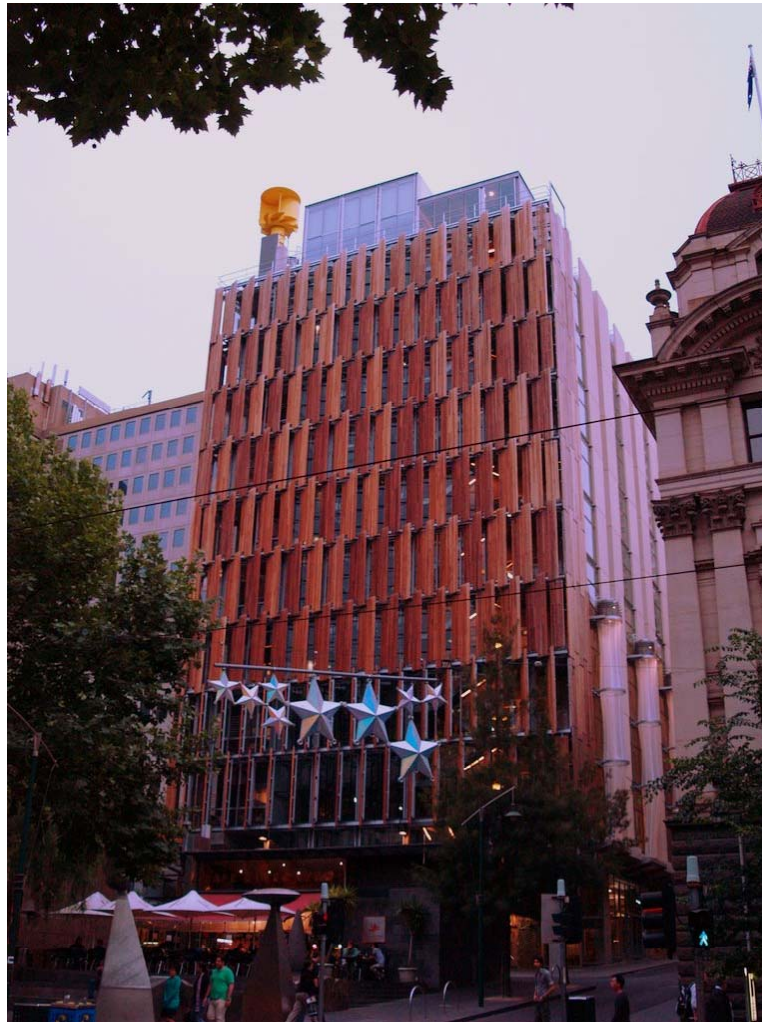
- Cleaning tea stains
- Cleaning silver



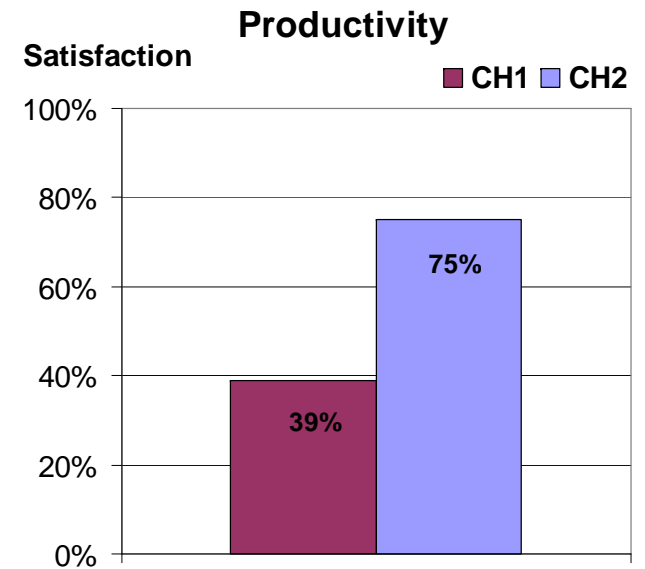
# Healthy Office



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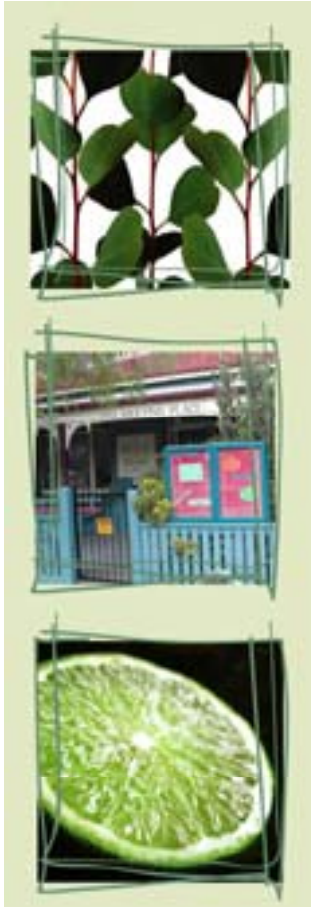


## CH2 – Melbourne



Slide 24

# CH2 -Sustainability features:

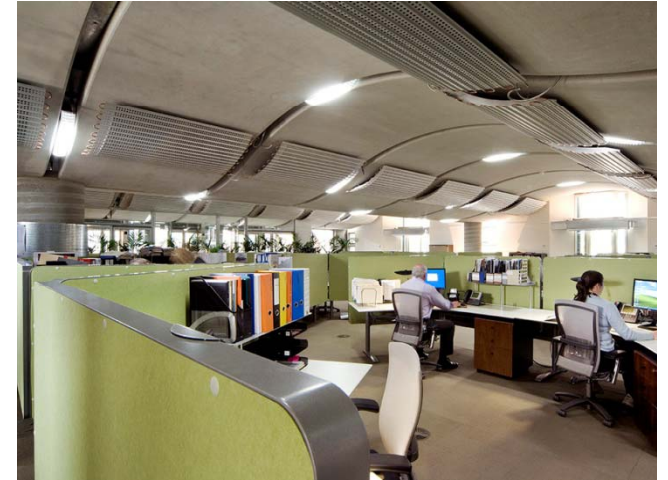


- Low energy, passive cooling systems
- Low energy, integrated electric lighting and daylighting systems
- Co-generation, photo-voltaic cells, and wind-driven turbines
- Active louvres on West facade and vertical garden on North facade
- Sewer mining, water recycling, rainwater collection
- Use of recycled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

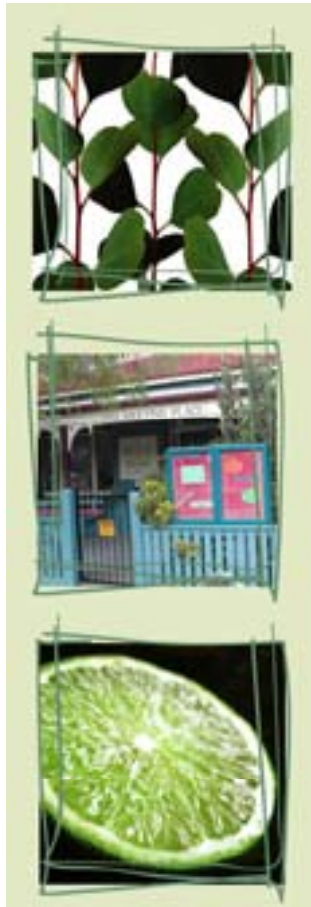




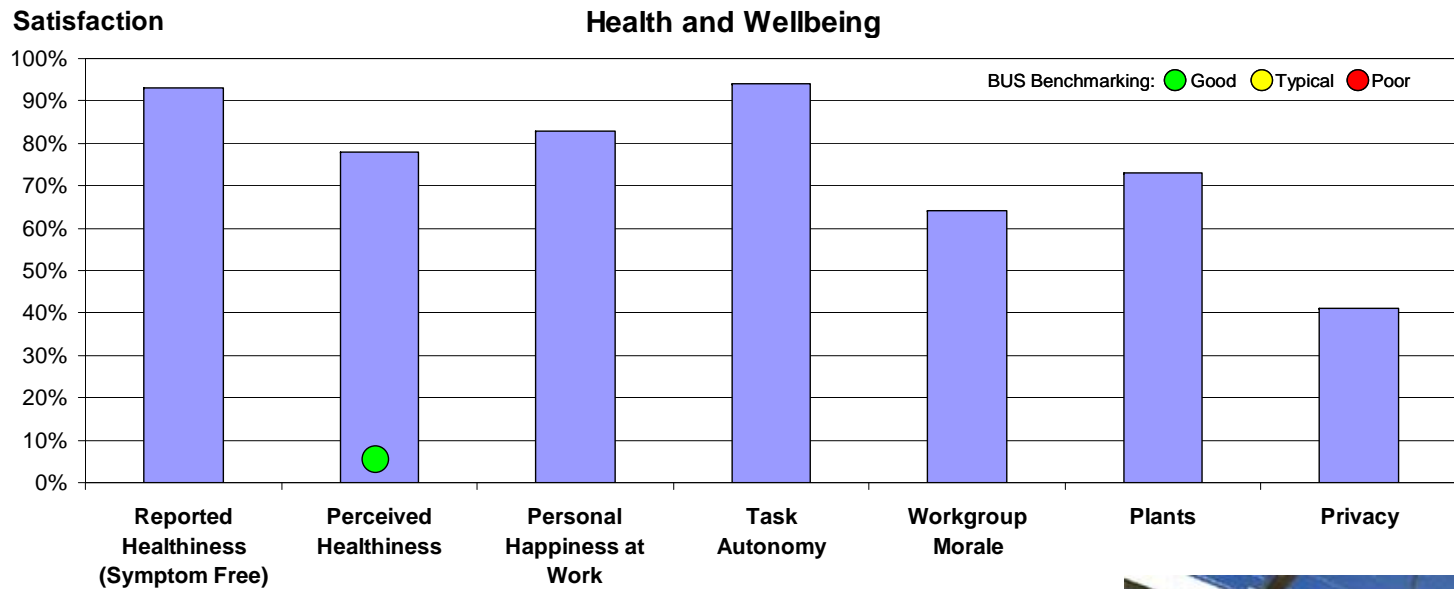




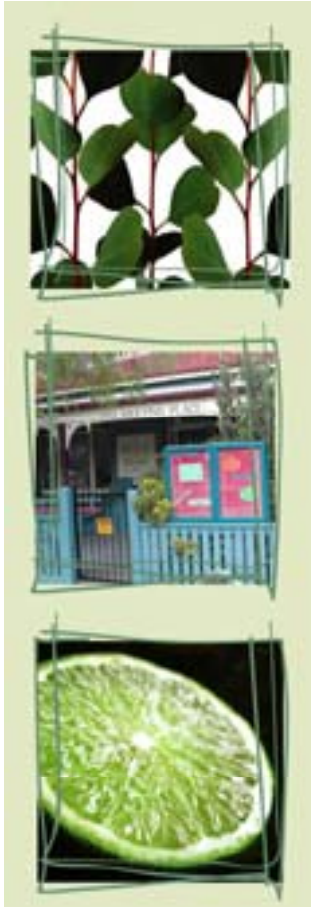
<http://www.melbourne.vic.gov.au/info.cfm?top=171&pg=1933>



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# What about CoC buildings?



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



# Pedometer Challenge

- 10 000 steps per day, 70 000 per week
- Open pedometer.
- Press reset.
- Clip it on your belt.
- Sign to say you've got it.
- Walk.
- Bring it back next week.



## Make it specific

## Make it achievable

## Give it a deadline

## Allow flexibility

# Reward yourself!



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nable communities



My overall goal and steps to achieve this are:

goal: \_\_\_\_\_

\_\_\_\_\_

step 1: \_\_\_\_\_

step 2: \_\_\_\_\_

step 3: \_\_\_\_\_

a table partner your goal

urther to ask – is it positive?

measurable? achievable? etc

Then swap

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."

we wish to see in

M k Gandhi

goethe

Topic.....

Topic.....