5H

- 1. In the right direction
- 2. Eat low on the food chain
- 3. Buy locally
- 4. Avoid produce that has travelled by air
- 5. Recycle paper, plastic, metal and glass
- 6. Take public transport whenever you can
- 7. This will shrink your carbon footprint
- 8. Try carpooling
- 9. Reduce energy consumption
- 10. Voice your concerns