

L is for Lifestyle Action Points

Contextualised action points written for New Zealanders

The majority of Tearfund supporters who received the first batch of *L is for Lifestyle* books gave feedback that the action points included at the end of each chapter weren't entirely relevant for the New Zealand context. We've taken that on board and put together action points based off New Zealand organisations and information. We encourage you to still read through the action points in the book; however, the suggestions included here may be easier to act on.

A is for Activists

See *L is for Lifestyle* chapter.

B is for Bananas

Baptist World Aid have done research into how ethical the supply chains of fashion and electronics companies are. A guide is produced for each industry and a wider report provides more details.

Shop Ethical have completed a similar undertaking and produced a shopping guide and app which provides guidance on the positive and negative activities of companies across a wider range of industries.

Although both these websites are Australian, there are significant crossovers with New Zealand companies and brands.

Buy Fairtrade! You'll see Fairtrade bananas, coffee, cocoa and chocolate in most supermarkets. To see what else is available in New Zealand on the Fairtrade website, and if you are interested in the fair trade movement, check-out the Fair Trade Association of New Zealand at

baptistworldaid.org.au/behind-the-barcode
ethical.org.au
fairtrade.org.nz
fta.org.nz

C is for Creation

If you are interested in Creation Care, check-out A Rocha Aotearoa NZ who are working with churches to help Christians and the wider community reduce their ecological impact.

Or look at Friends of the Earth, a federation of autonomous environmental organizations from all over the world that campaign on the most urgent environmental and social issues of our days, while simultaneously catalysing a shift towards sustainable societies.

arocha.org/en/a-rocha-aotearoa-new-zealand
foei.org/member-groups/asia-pacific/new-zealand

D is for Driving

If you live rurally, try to make half the number of trips into town by carpooling with neighbours or not taking unnecessary trips.

If you live in the city, try a car-fast for a week for your commute, and instead, use public transport (get the **AT Public Transport app** to help with this) and car-pooling. You could also challenge yourself to have at least three people in your car for commuting and trips out of town.

Join a Transition Towns initiative and become part of a vibrant, international grassroots movement that brings people together to explore how we, as communities, can respond to the environmental, economic and social challenges arising from climate change, resource depletion and an economy based on growth.

transitiontowns.org.nz

Fuel consumption from private-car owners will increase globally by up to 130% within 25 years

E is for Energy

Do an energy efficiency audit of your home. What measures can you take to reduce your electricity consumption?

Introduce five energy-saving measures.

If you're stuck for ideas, visit EnergyWise. This site is full of practical information and advice to help you make those choices at home and on the road.

Use the learning guides and information from Sustainable Living to help you more towards sustainable living in your home.

energywise.govt.nz
sustainableliving.org.nz

F is for Food

Buy local, organic food, and as little as possible from the supermarket. Also, grow your own food. Here are some suggestions & guides:

If you live in Auckland or the Waikato, join Oooby to help rebuild local food systems. Oooby stands for out of our own backyards and is a social business that sources local food and connects communities through local food. Selling produce from your own garden at local stalls.

Give your support to an organisation such as Fair Food New Zealand which is tackling the collection and redistribution of surplus food and think about supporting Tearfund's climate smart agriculture projects in our Empower cause.

Organic Farm NZ will give you tips and hints if you want to try your hand at growing your own food.

Shop wisely and only buy what you will eat.

Download the Shop Ethical! App to ensure the brands and products you are buying don't violate your values

Try living by the 100-Mile Diet for one week.

ooooby.org

fairfoodnz.wordpress.com

tearfund.org.nz

organicfarm.org.nz

ecolife.com/health-food/eating-local/100-mile-diet.html

**Have a look at the clothes
you're wearing, the bag
you're carrying, your
phone and see where they
all come from**

G is for Globalisation

Look at the food you buy, the clothes you wear and the equipment you use – where is it from? Develop an awareness of the interconnectedness of your life with other people and environments all over the world.

Refer back to the Behind the Barcode research from *B is for Bananas*.

Commit to do further research into the positive and negative effects of globalisation on the world's poorest and most vulnerable communities.

H is for HIV

Educate yourself on HIV/AIDS so that you can become an advocate for the plight of those suffering. The more people aware of the issues – the greater the chances of change.

I is for Investment

Take an interest in where your Kiwi Saver or other investments are invested. Talk to your bank about ethical investment options for Kiwi Saver.

Challenge your church body to divest away from Fossil Fuels. Check out the divestment resources at 350 Aotearoa.

350.org.nz/our-work/divestment-success/divestment-resources

J is for Jobs

Is there an attitude about your work that you need to change or challenge? Try digging into *The Good Lives Project* study from Tearfund to examine your work and leisure habits.

If you are feeling radical, find a new 'good' job with a not-for-profit or social enterprise at Do Good Jobs.

dogoodjobs.co.nz

K is for Kippers

New Zealand's seafood industry is not as ecologically friendly as we may think. Ask your local supermarket or fish shop where the fish and seafood they sell comes from.

Check out the Best Fish Guide available through Forest & Bird NZ:

http://www.forestandbird.org.nz/files/file/BFG_pocket_guide_2013-14.pdf

L is for Letters

Schedule four letter-writing evenings for the next year – you may want to write to a local politician, council body or organisation to commend them or urge them to act.

M is for Money

If budgeting is an issue you are passionate about, check out Christian's Against Poverty who provide budgeting and debt counselling services to those in need.

If you'd like to do further study around issues of debt, giving and investment, try digging into *The Good Lives Project* study from Tearfund which covers these areas in a biblical study combined with lifestyle challenges.

N is for Needs

If this chapter has really interested you, try digging through *The Good Lives Project* study from Tearfund to examine the issues around consumption and to challenge your personal lifestyle.

O is for Organic

Here are some suggestions for organisations which focus on organics in New Zealand. Check them out for information, guides and purchases. Tearfund also has organic growing projects which you can look into.

organicnz.org.nz

biogro.co.nz

naturallyorganic.co.nz

oanz.org

**250 million tonnes of
80,000 different
chemicals are produced
each year and used in most
of the things we buy**

P is for Paper

Make a list of the organisation's whose mailing lists you are on (if you can't remember just keep track of what arrives in your mailbox for a month or two); then contact each organisation to see whether you can receive information via email or not at all – depending on your preference.

Place a No Junk Mail sign on your letter box

Try to buy toilet paper, tissues and paper towels which are made from 100% recycled paper, bamboo or sugar cane.

Start a paper recycling tray by your rubbish bin to catch all the bits and pieces of paper that would otherwise end up in the bin. This is especially great if you work a desk-job.

**“No man really becomes a
fool until he stops asking
questions”**

Charles Steinmetz

Q is for Questions

See *L is for Lifestyle* chapter

R is for Recycling

If you're up for a gross challenge, do a rubbish bin audit for two weeks to see what rubbish you throw out. Afterwards, undertake measures to reduce specific groups of waste:

- If you found lots of vegetable/fruit scraps in your rubbish, start a composting system
- If you found lots of plastic, wrappings and cling film try to reduce your use of these items by reusing
- If you found lots of leftovers and wasted food try reducing the amount of food your cook or freezing leftovers to be used later
- If you found lots of paper start recycling

S is for Simplicity

If you are interested in learning more about simplicity, request *Simply Living* from Tearfund written by our very own Murray Sheard. This book challenges the accelerating pace of life, environmental threats and uneven global development.

Check out The Story of Stuff, a project working to build a more healthy and just planet by creating a society based on better not more, sharing not selfishness, community not division.

storyofstuff.org

Simple living is about stopping that treadmill and giving us the space to choose how we want to live our lives.

T is for Tourism

Check out Ethical Traveller before you take your next trop. Ethical Traveller seeks to use the economic clout of tourism to protect human rights and the environment.

<http://www.ethicaltraveler.org/>

U is for Unwanted Peoples

If you're interested in the plight of refugees in New Zealand, check-out the Red Cross's volunteer opportunities.

You can join the campaign to raise New Zealand's refugee quota by signing the petition with Action Station. For other ideas of how to support refugees check out Doing Our Bit or Tearfund.

redcross.org.nz/get-involved/volunteer-opportunities/refugee-support-volunteer/ actionstation.org.nz/refugees

doingourbit.co.nz

tearfund.org.nz/Get-Involved/Be-a-voice

V is for Volunteers

If you want to volunteer but you're not sure where to start, go to Volunteering New Zealand or SEEK Volunteering to see what opportunities are available.

volunteeringnz.org.nz
seekvolunteer.co.nz

W is for Water

Look at the Water section of Sustainable Living Aotearoa for tips on how to use water more sustainably.

For more information on issues regarding water, do some research at the World Water Council.

EcoMatters Environmental Trust has several water-based projects and water-saving initiatives.

sustainableliving.org.nz/Actions.aspx
worldwatercouncil.org
ecomatters.org.nz/all-project-list/love-your-water

X is for Xenophobia

If you'd like to research this area check out The Institute of Race Relations and Minority Rights Group International.

irr.org.uk
minorityrights.org

Y is for Young People

See *L is for Lifestyle* chapter