

Food prints

70,803km: In a recent study by the Centre for Education and Research in Environmental Strategies, it was found this was the distance travelled by the 29 food items in an average Victorian household's trolley.

HOW YOU CAN HELP Buy local, seasonal, preferably organic produce from farmers' markets or co-ops. Or grow your own veg and herbs. A tip from Australian Native Landscapes' Greg Roberts: use garlic spray to keep bugs off vegies. Try Garlic Concentrate Pest Spray (\$9.80, organicsaustraliaonline.com.au).

E-CLOTHES
This page: Mary, quite eco-friendly, how did your skirt grow? From 100 per cent certified organic cotton that hasn't been dyed. And your pretty blue top? From bamboo – the fastest-growing woody plant, which requires little water and no pesticides. Top \$59.95, Bamboo Body Double-layer singlet \$155, Sosume Skirt \$165, Sosume

Opposite page: These shoes go with your dresses, pants and ethics – they have a hemp upper, organic cotton lining and a recycled car tyre outsole (so perhaps visit Bob Jane rather than Mister Minit when you need to get them resoled). Top \$121, Pure Pod Dress \$320, Skin and Threads Shoes \$99.95, Simple Bags \$11 for 3, Estring Bags



See the light

12% of the greenhouse gases produced by Australian households are emitted by lights.

HOW YOU CAN HELP Use LED (light-emitting diode) bulbs. CFLs (compact fluorescents) have become all the rage in the last few years because they use 80 per cent less energy than traditional incandescent bulbs, but – bummer – they contain mercury, so their disposal is problematic. LED globes are more expensive, but they last 10 times longer than CFLs – up to 100,000 hours – and don't contain mercury.

E-CLOTHES

Opposite page: This dress is what you might call "organic software" – it's made from a soft blend of hand-knitted certified organic cotton, plus tencel (a wood cellulose fibre) and hemp, which has eco-cred because it grows rapidly and 95 per cent of the plant is used. Keen, the maker of these shoes, has a big fat social conscience: it donated \$1 million – which was meant to be spent on an ad campaign – to support victims of the 2004 tsunami. The colourful uppers of the shoes are woven from used rice bags. Dress \$496.95, Sara Victoria Shoes \$140, Keen



E-CLOTHES

These Icebreaker merino wool pants are completely transparent (not in that way!) – each pair comes with a unique "Baacode", which you can enter into the Icebreaker website (icebreaker.com) to suss out how your pants came into being. For example, you can see the living conditions of the woolly mammals they came from, and the factories where they were knitted, dyed and cut. And how, you ask, does this bag make "the jungle grow"? Jane Goodall, renowned conservationist and chimpanzee lover, collaborated with fashion company Gant to produce these bags; for every one sold, 25 trees are planted to help counter rainforest destruction in Tanzania's Gombe National Park. Singlet \$29.95, Bamboo Body Knit \$696, Sara Victoria Pants \$179.95, Icebreaker Shoes \$39.95, Gideon Bag \$129, Gant **WR**