



EARTH EDUCATION

BRINGING EARTH CARE INTO YOUR HOME

Ways you can make an impact in your household.

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EVERYTHING HAS A STORY

From production to plate.



In this section we explore the story behind the food we eat and bring narrative and curiosity back into our life. An apple is not just an apple, there is a story behind how it got to you. Through this activity we explore the process and story of how the food ended up on our plate.

ACTIVITY:

Go to your cupboard and find two different items.
Get a big piece of paper and something to draw with.

You are going to draw the story from production to plate for these two items.

First gather the information you need.

Research and discover the story that got these two items to be with you in your cupboard.

Things to consider as part of its story would be:

- Where was the food grown?
- How much land area or water went into growing the food?
- Where was the material it is wrapped or contained in made?
- How was that material made? (what processes and resources went into making this?)
- Where was it then packaged?
- How was it transported to where you brought it?
- Where did you buy it?
- How did you get to the place that you brought it? (car, bike, tram, walked?)

Start drawing in picture form and short words the story of this food item so you can visually see the story from production to plate when finished!



EVERYTHING HAS A STORY

From production to plate.
Shorten the story and minimise the impact.

Ways to do this-

Grow your own



Benefits-

Learn about food and learn how to grow it.
Get outside more.
Feel the gratification of eating the food you grow.

Buy Local



Benefits-

Builds community.
Know where your food comes from.
Supports local farmers.

Buy Australia and ethically made products



Benefits-

Limit the emissions made to transport the food to where you purchased it.
Invest your money in ethically made products.

CREATING YOUR OWN COMPOST

From linear model



To circular model



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CREATING YOUR OWN COMPOST

COMPOST

Compost is a fun way to get outside and implement important sustainability practices into your home. Create a compost by finding an area in your backyard that you can set up a garbage tin or a plastic bin that is about 3 feet wide or 3 feet tall, and create a few small holes in the container for air to flow through.

Three ingredients

A simple compost you can make is one that has three ingredients. Add them in layers and add small amounts of water and stir weekly.

Dead plant material



Food scraps
Not meat, fats or oils



Soil and micro-organisms



When the compost has created soil use it for your garden to gift nutrition to the vegetables you are growing. If you do not have a garden, that's ok because you can feed the trees and plants around you with the beautiful soil you have created.

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WASTE AUDIT

There is no away!

When we talk about throwing things 'away' there is no 'away'. 'Away' is a location and often our waste ends up impacting natural environments, the ocean, cultures and countries. The good news is we do not need to create as much waste as we currently do. Becoming more conscious about the waste we create and looking at ways we can minimise our waste is a powerful change we can create in our life.

Minimising your waste is one of the easiest ways to reduce your impact on this planet. This Earth is our only home so by looking after it we are also looking after ourselves.

WASTE AUDIT

To figure out how to reduce our waste we need to become aware of the waste we are creating. You are invited to conduct a waste audit in your home.

- Go through your bin at the end of the week and fill out your own grid.
- Write down the items and the amount of that item that you find in your trash. This will give you an idea of what the main items are that make up your waste.
- In the third column explore whether you could replace the item with one that creates no or little waste.

| Item | Amount | Replacement |
|------|--------|-------------|
| | | |
| | | |
| | | |



GREENING YOUR HOME

Greening your home is where we bring life and nature into our homes.

Take a look around your home environment and see where you can bring some green inside by added plants.



Good for mental health and wellbeing

Bringing life into your home is great for mental health and wellbeing.



Cleans the air

Indoor plants help to clean and purify the air benefitting your health.



Creates connection with the Earth

The more we have nature around us the more we are likely to feel connected to the Earth and understand the importance of it.

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