

Mini Home Audit Workbook



Save Money on Your Bills

A practical guide
to saving money
through reducing
your energy,
water and waste
consumption



Shannon Laver
Sustain Your Life



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Author – Shannon Laver

Contributors – Steven Cross

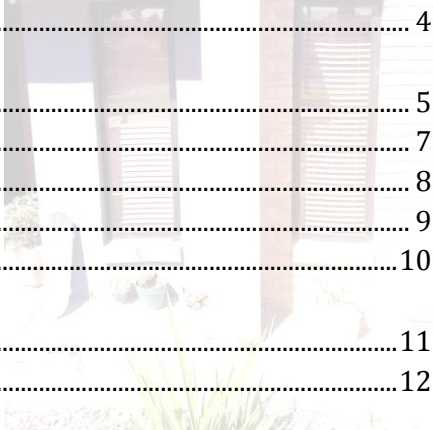
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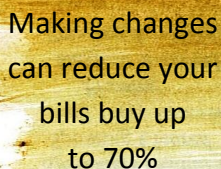
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Introduction

Hello and welcome to our mini home audit workbook.



Making changes
can reduce your
bills by up
to 70%

This is an easy step-by-step guide to reducing energy, water and waste in your home. It contains a collection of tips and advice from sustainable living training that will help you save money while helping the environment.

People today are becoming more conscious of the effect energy, drought and waste is having on our environment and our pocket. The problem for most people is, they are not sure where to start when it comes to reducing their use and saving some money.

We decided to put this together for people to use to make significant reductions on utility costs and the negative impact that overuse of these utilities have on the environment.

There is no need to wait to start reducing your costs, all you need to do is educate yourself, then pick what actions you want to take.

We have applied this in our own home and had some great results.



Let's begin.....

Shannon Laver



Saving Energy

Here are some general tips for lights

- Turn lights off when not in the room
- Make sure all globes are kept clean and dust free
- Some nights of the week use candles, make sure to keep them away from children and remember to put them out before you go to sleep

Actions you only need to do once, tick them off when done.

Swap to energy efficient globes	<input type="checkbox"/>
Take one globe out of each light fitting, if you have alot - this will still leave enough light but reduce the energy cost of them by half	<input type="checkbox"/>

Here are some general tips for appliances

- Make sure appliances are running efficiently by keeping appliances clean, dust free and regularly serviced
- Avoid using an electric clothes dryer, dry clothes the old fashioned way or on an indoor rack
- Turn appliances off at the power point when not in use

Actions you only need to do once, tick them off when done

Use your TV timer to turn it off automatically. You can set it go off after 1-2 hrs of sitting idle	<input type="checkbox"/>
Make sure to have the fridge set at the correct temperature- 3° for summer and 5° for winter	<input type="checkbox"/>

Here are some general tips for heating & cooling

- Heat yourself first not the room. Dress warmly and if you use a portable heater, sit near it to avoid wasting heat.
- Avoid using air con instead use energy efficient ceiling or floor fans
- Close doors to rooms that are not in use- keeps heating and cooling in areas most used

Actions you only need to do once, tick them off when done.

Keep winter thermostat at 19-21 C	<input type="checkbox"/>
Keep you summer cooling thermostat to 24-27 C	<input type="checkbox"/>
Seal up any cracks or gaps around windows and doors	<input type="checkbox"/>

Here are some general tips for hot water & gas

- Do one load of dishes at the end of the day
- When boiling the kettle only put in enough water for what you are going to use – reduces the time it takes to generate enough heat
- Wash clothes in cold wash. You can run a hot wash once a month to reduce washing powder build up
- Use the right size stove burner for the size pot. E.g. The small burner for a small pot

Actions you only need to do once, tick them off when done.

Insulate hot water system and pipes- reduces running costs by using less energy to generate heat	<input type="checkbox"/>
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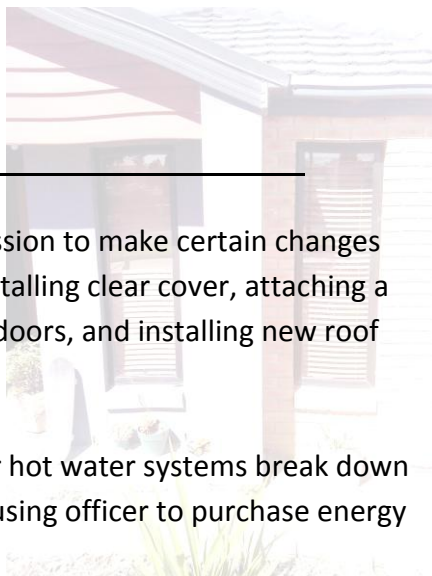


Extras

- Place "switch off" stickers next to lights and on computer screens to remind yourself and your family
- Upgrade to 4 or 5 star energy efficient appliances



Renting



If you are renting you must ask permission to make certain changes such as sealing up cracks and gaps, installing clear cover, attaching a draught blocker to the bottom of the doors, and installing new roof insulation.

If appliances such as ovens, heating or hot water systems break down encourage your landlord, agent or housing officer to purchase energy efficient models.

This can sometimes even increase the property value.

All the rest you can freely start to apply right now to save you money. Some people think that because they are renting they cannot make energy saving changes, as you can see there is a wide range of changes you can make if you are renting.

More importantly share these tips and advice with others you know that are renting so they too can start to make a change, and save money.



Homeowners

Being a home owner you have the authority to make bigger changes to your home. It can have a great impact on your environment, pocket and the greater environment.

Top tips for energy saving for homeowners

- Install energy efficient heating and cooling system - up to 60% of energy use is from heating and cooling the home
- Install energy efficient hot water system. Efficient gas or even better solar hot water systems will greatly reduce your homes greenhouse gases
- Install solar panels and provide all your homes energy from the sun
- Install or upgrade insulation in your roof Walls and floors

These tips and advice do require you to invest your money but in the long run it will save you heaps. Depending on your energy consumption, most investments will pay for themselves within the first year.

Don't forget to look at our rebates and assistance section.



Rebates & Assistance

Energy Efficient Whitegood Appliances-

Low income households can apply for several loans schemes to purchase energy efficient appliances. (note Not a Rebate) It's a no interest loan scheme (NILS)

<http://www.goodshepvic.org.au/stepupandnils>

Australian Rebates for Energy Saving Products-

http://www.resourcesmart.vic.gov.au/for_households/rebates.html

<http://www.livinggreener.gov.au/water/water-efficiency-home/get-home-assessment>

<http://www.climatechange.gov.au/government/programs-and-rebates.aspx>

Healthcare Cardholder

You are entitled to a winter energy concession. Talk to your provider.

Concession cardholders can also apply for a rebate for replacing their heater with a gas wall heater.

http://www.resourcesmart.vic.gov.au/for_households/rebates_5151.html

Energy Audit

Sometimes energy providers can provide you with a free energy assessment of your home, just call to find out what energy saving services they can offer. They will tell you all you have discovered here and just maybe some more.



Saving Water

The following is a general guide to reducing water use to save you money.

General tips for being water wise

- Fill a bowl or sink to shave when washing your face
- Use a cup of water for brushing your teeth
- Capture warm water in kitchen
- Fill sink to wash and rinse dishes rather than running water
- Use one cup per day to drink out of, or use one for tea & coffee and one for water
- Wash your dishes once a day

TIP

Using a low-flow showerhead will annually save you an estimated \$10 per person in water heating savings alone.

Actions you only need to do once, tick them off when done.

Wash clothes with full loads and set washer to cold wash	<input type="checkbox"/>
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Check for Toilet Leak

For a toilet leak test use coloured dye, place in the top of the water cistern and if any dye runs into the water without flushing (wait 5-10 mins) you have a toilet leak.



In the Garden

Here are some great tips on being water wise in the garden

- Keep a bowl or jug in the sink and use captured water for watering plants
- Try to eliminate grass areas with water resistant plants
- Plant in groups and group pots together
- Using mulch help retain more water
- Avoid using fountains in the garden
- Use fish tank water on your plants

Actions you only need to do once, tick them off when done.

Use drip irrigation for the garden, set on a timer	<input type="checkbox"/>
Divert water from spouting for use in your garden	<input type="checkbox"/>



Rebates & Assistance

To get more water saving ideas visit here

<http://www.savewater.com.au/>

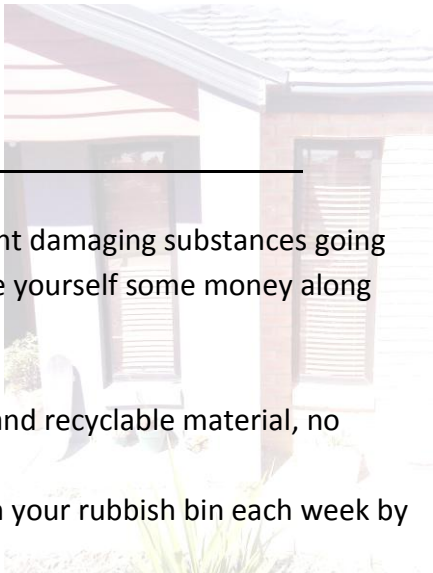
To see if you qualify for water rebates visit here

<http://www.savewater.com.au/products/rebates-incentives>



Waste

By reducing your waste you will prevent damaging substances going into and out of the land as well as save yourself some money along the way.

- 
- Be good at recycling all paper and recyclable material, no plastic bags
 - Reduce the amount of waste in your rubbish bin each week by making a compost
 - Compost or mulch your green waste
 - Use Council's kerbside green waste collection service for your branches, lawn clippings and leaves

Doing the above keeps your rubbish out of your bin and reduces any dumping costs

- Buying in bulk reduces extra packaging and can save you money
- Instead of paper towels use cloth, instead of disposable cups, plates and utensils use washable ones

Actions you only need to do once, tick them off when done

Start a swap/borrow group with your friends with terms and conditions. For example, listing who has what and responsibility of items. Keep in mind not to use items with sentimental value.	<input type="checkbox"/>
Put a no junk mail sticker on your letter box, use the internet to look at catalogues and newspapers	<input type="checkbox"/>
Buy second-hand items where appropriate. For example, drapes or blinds for extra insulation of windows.	<input type="checkbox"/>

At these two places you can list your stuff for people to take for free, or do a barter. You may even find something, for free

<http://www.ozrecycle.com/>

<http://www.reusemoose.com/>

Here are some places to sell unwanted goods

www.ebay.com.au

www.gumtree.com.au



Resources

[Waste Wise](#)

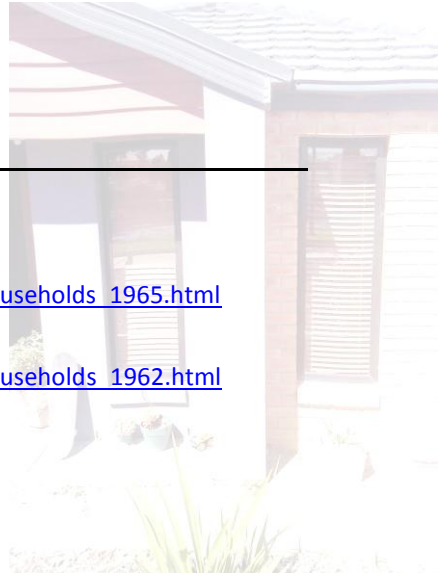
Mobile waste collection

http://www.resourcesmart.vic.gov.au/for_households_1965.html

Waste facilities

http://www.resourcesmart.vic.gov.au/for_households_1962.html

<http://www.recyclingnearyou.com.au/>



Conclusion

You have made it to the end so pat yourself on the back. Now you have educated yourself and you can start to save yourself money while gaining better health as well.

More money also equals less stress as you will not have to worry about high bills anymore.

Be sure to share these tips and advice with people you know so they can save money as well.



Action Plan

Use this as a guide to help you establish what actions you are going to take and when. Tick them off when you are done.

Energy

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>
5.		<input type="checkbox"/>

Water

Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>
5.		<input type="checkbox"/>

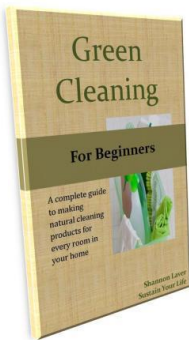
Waste



Action	When	Done
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>
5.		<input type="checkbox"/>

Use this chart to track savings from any changes made.

Bills	Current	Next	Following
Energy	\$	\$	\$
Water	\$	\$	\$
Gas	\$	\$	\$
Other	\$	\$	\$



[Visit our website](#) and download your free copy of our green cleaning guide to save even more money.

All you need to clean your home or workplace using safe and effective natural ingredients.

& cheap

At night warm yourself,
not your room.

1

SAVE \$150
a year on
your heating
bill




SAVE \$150
a year on
your heating
bill

**At night warm yourself,
not your room.**

SAVE 5%
for every door
and window
you seal

Stop warm air from flowing c



1

**SAVE
\$110**
a year on
your light



4 **SAVE 10%**
on your hot
water bill



install aerator

Slow the flow from your tap.
Install an aerator.

SAVE 10%
on your hot
water bill



in your tap.
erator.


SAVE \$50
a year - wash in
cold water

5 **\$50**
a year
savings

More than 9 lines



Replace your old cable with a low flow



Replace your old shower with a low flow shower

Take
5 minutes?



thead
thead.

6

SAVE \$20
a year on
your hot
water bill

Test!

Test your hot water pipes.
How to insulate your pipes:

Cut a slit with scissors.
Slit

Wrap around pipe with tape.
Tape

Wrap around pipe with waterproof tape with waterproofing.

Insulating your pipes need insulating.

Ouch?

SAVE \$20
a year on
your hot

Test your hot

Cut a slit with scissors

Wrap around pipe with tape with waterprobe

cut
pipe
then
tape.



LOW

no selling on
water service.

Test For 18-
20°C
Remember

temperature.
or summer, keep at
24-26°C



24-26°C
cool your body first.

9

**SAVE
MORE
\$\$\$**

**Control your
power use**

Use a timer to help you switch on and off.

Use on the heater for winter or before you come home.


Use on a lamp for security.



**SAVE
MORE
\$\$\$**
Control your
power use

Use a timer to turn the fan on and off.

you go out,
for



Use on the tv.

SAVE 10%
for every degree you turn up

Test your fridge.

at 14°C ,
freezer at
to -18°C

Look for the energy rating label when you buy an appliance.

SAVE
up to
100
off your power bill

SAVING ENERGY SAVES GREENHOUSE GASES & SLOWS DOWN CLIMATE CHANGE

Moreland Energy Foundation Phone 03 9381 1722
Website- www.mefl.com.au

IN ONLY 1 YEAR

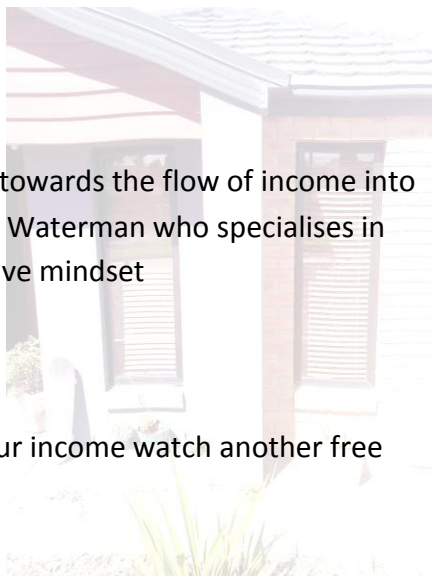
Money Mindset

To see what rules and limits you have towards the flow of income into your life, watch this free video by Rich Waterman who specialises in helping you create and master a positive mindset

[Click here to watch it now!](#)

To help you set some goals around your income watch another free video from Rich – Goal Setting

[Click here to watch it now!](#)



Would You Like to Master Your Mindset Around Money & Life?

If you do, visit here and get started.

[The Gym Of Greatness – Master Your Mindset](#)

[Steve and I](#) done this program in 2012 and found it to be one of the best and most useful mindset programs!

About Us



Shannon Laver

**Earth Warrior, Blogger, Avid Gardener,
Mother & Friend**

Shannon's mission is to teach and provide you tools to create a healthy and sustainable lifestyle.

She combines all her knowledge and wisdom then shares it with you to manifest health, wealth, and a greener future.

With [*Sustain Your Life*](#), she aims to help people learn, create, and lead sustainable lives.



Steven Cross

**(behind the scenes) Earth Warrior, Garden
Guru, Father & Friend**

Steven's mission is to teach you how to create an enjoyable and sustainable garden.

He combines his knowledge and shares it with you and the world so we can all make good use of our land.

Connect with us



Keep reading to discover Shannon's journey into sustainable home living...

Green Town

Between 2009-2010 was a hard time in my life, we had closed up business, moved home, Steve had a back injury and I needed to find a job. It was tough as not many places employ people now without some form of certificate so I decided to go into study and do volunteer work.

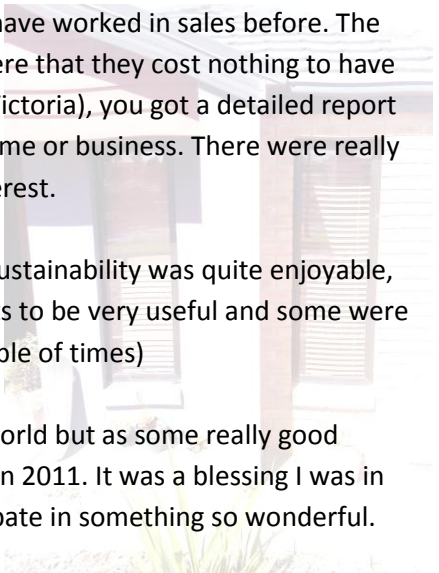
I decided on cert 3 business to study and volunteered at a local indigenous centre (something I had wanted to do for some time as they had actually assisted my Dad when he had cancer) While working in the neighbourhood house I was able to participate in a sustainability program called Green Town.

Green Town was a program where we were taught how to reduce unsustainable consumption then trained to teach others how to do the same.

I was happy to have the opportunity to do it as I have always loved nature, already practiced some sustainable habits, and wanted to help reduce the destruction we are causing nature.

I ended up doing work experience for my certificate at the neighbourhood house so I was there for most of the week doing all three things in one.

We visited sustainable houses and business, sustainable gardens, done assessor training and practice, had wonderful healthy lunches and listened to some great speakers. After the main training was over, it was up to us to spread the word in the community and book assessments where others could learn to be more sustainable in their homes and business.



This was not such a hard task for me as I have worked in sales before. The beauty of the green town assessments were that they cost nothing to have (we received a salary from Environment Victoria), you got a detailed report and a bag of goods to use around your home or business. There were really no sales involved as we had a heap of interest.

Going into homes and business to share sustainability was quite enjoyable, every single person found the assessments to be very useful and some were willing to do more (I even got a hug a couple of times)

It felt good to be doing that work in the world but as some really good things, they end, and so did the program in 2011. It was a blessing I was in the right place at the right time to participate in something so wonderful.

2012 lead me to create sustain your life where I am able to share all the fantastic things I learned, and the creation of this mini home audit.

I hope you take full advantage of this resource to benefit yourself and the world!

Shannon Lauer