

MEDIA RELEASE

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A diet of a different kind: cutting the carbon

Local natural resource management body, the Queensland Murray-Darling Committee (QMDC) is going on a diet. But this isn't your everyday food diet – it's to reduce the amount of greenhouse gases emitted by the organisation.

QMDC's offices in Roma, Toowoomba and Goondiwindi, as well as remote staff across the region, are taking measures to reduce their reliance on water and electricity, as well as reducing transport and waste costs between now and April.

QMDC Education Officer Renee Fletcher said changes to work practices don't need to be large to make a difference.

"People can make a difference to the amount of electricity they use at work and at home simply by turning appliances off at the wall and setting the air conditioner to 25 degrees in summer," Ms Fletcher said.

The Low Carbon Diet challenge also extends to include the homes of staff as well.

"By including the home, people are more likely to make longer-term changes to the way they live so the carbon cuts will continue beyond the end of our 'diet' period," Ms Fletcher said.

"What we're hoping to demonstrate by participating in the Low Carbon Diet is how decreasing our carbon consumption will also help slash some of the bills at home.

"For example, replacing five incandescent lights with compact fluorescents can save you around \$70/year in electricity costs, and avoiding using the electric clothes dryer can trim up to \$100 off your electricity bill each year."

Ms Fletcher said car pooling was another great way to reduce carbon use, or better still, riding a bike or walking to work.

"We really hope that our organisation can become more sustainable, and that the practices learned over the three-month Challenge will be adopted on a more permanent basis both at work and at home," she said.

Funded by the Queensland Government through the Low Carbon Diet Community Funding Program, the Low Carbon Diet Challenge is a ClimateSmart initiative that provides information and resources to Queenslanders to reduce their greenhouse gas emissions. For more information on the Low Carbon Diet and other ClimateSmart initiatives, visit www.climatesmart.qld.gov.au.

The Queensland Murray-Darling Committee is a natural resource management organisation that supports communities within the Queensland Murray-Darling Basin to sustainably manage their natural resources. Visit www.qmdc.org.au for more information.

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