FREE CHECKLIST · ECOLOGY × ECONOMY

2Fin

The household leaks checklist

Ecology and economy share one root, *oikos*: the household. Many money leaks are planet leaks too. Tick what you've done this month.

Food

~$1,000 A PERSON A YEAR THROWN AWAY

- [ ] Check the fridge before shopping, and shop to a list.
- [ ] Move older food to the front; eat the perishables first.
- [ ] Freeze leftovers and bread before they turn.

Power

STANDBY: UP TO 10% OF ELECTRICITY

- [ ] Switch off at the wall: TV, consoles, chargers, the second fridge if it's near empty.
- [ ] Winter: heat to 18–20°C. Each degree above 20°C can add around 10% to energy bills.
- [ ] Hot water is about a quarter of household energy: shorter showers count.

Subscriptions

A THIRD PAY FOR ONE THEY DON'T USE

- [ ] List every repeating payment from the last three months.
- [ ] Cancel anything unused in the last 30 days.
- [ ] Put annual renewals in the calendar a week before they hit.

Stuff

REUSE BEFORE YOU BUY

- [ ] Before a new purchase: can it be borrowed, repaired or bought secondhand?
- [ ] Sell or give away one thing you don't use.
- [ ] Wrap gifts in fabric, old maps or reusable bags.

Sources: End Food Waste Australia / Fight Food Waste CRC (2022); Energy Made Easy, Australian Government (2026); WA Government energy savings guide (2024); Finder subscriptions survey (Nov 2026, n=1,004).
General information, not financial advice. Fin spots repeating payments and sorts spending by category at ai2fin.com.