



JAN 5

*Apps to help you live better*

Technology advancements have enabled us to be more connected to one another and gain access to information in an instant. The development and rise of applications (apps) have amplified this by providing improved functionality to fulfil user's specific needs, saving us a significant amount of time and research.

What makes this even better is that there is a whole consortium of apps that have been created to help us live better, healthier and more sustainable lives. We have collated a list of some of our favourites that span across the board from making better food choices and purchase decisions, to teaching your kids about sustainability and having fun with your friends or work colleagues whilst changing your daily habits for the better.

**ABC VEGIE GUIDE**

For the avid home gardener who enjoys growing their own vegies at home, the ABC Vegie Guide is a comprehensive tool that provides all the information you need to ensure a healthy crop all year, including growing tips, pest and disease control pointers and harvest guides. The app informs users of the ideal time to plant their vegies and maintains a record of them in the 'Patch,' a catalogue of your vegies with tracking on their growth, including notes and photos, and recommended harvesting times.

**FOODSWITCH**

FoodSwitch is a free app that helps you make healthier food choices as you do your grocery shopping. Easy to use, the app will scan the barcode of a supermarket product and provide a list of comparable products that are lower in salt, saturated fat and sugar. For those that like to prepare in advance FoodSwitch has the ability create a shopping list that you can take with you.

**JOULEBUG**

Joulebug makes sustainability fun and interactive by encouraging groups of people to partake in daily challenges for points, with the aim of collecting the most points. They can be as simple as taking your reusable coffee cup to the café for your morning coffee instead of using a disposable one. Through these challenges the app motivates sustainable change in your daily life and behind the fun there is a wealth of information for users to learn more about why the changes are so important. This includes statistics, videos and helpful links.

**SUSTAINABILITY AWARE**

Start them young with Sustainability Aware, a series of educational apps for kids aged 8-12 years that aims to educate children about the environment and how their way of life impacts the Earth. Aligned with Australian school curriculum, each app illustrates in an easy to understand and engaging manner, how kids can do their bit (and maybe teach their parents a thing or two) about living and creating a more sustainable future.

**SHOP ETHICAL**

As everyday consumers we are, for the most part, unaware of the process products undergo before reaching the store shelf. There is now an app for that! Shop Ethical is an app that provides information regarding the environmental and social impact behind common brands, listing over 5,000 products, bought in Australian stores. It provides a comprehensive guide with information gathered from over 50 organisations including Greenpeace, Choose Cruelty Free, WWF, Rank a Brand and Friends of the Earth, to empower shoppers to make more informed purchase decisions.

**RECYCLE SMART**

If you are passionate about zero waste in your home or simply feel like you would like to increase your knowledge around proper use of recycling, then Recycle Smart is your go-to guide. This app provides the do's and don'ts when it comes to household recycling and taps into your local council detailing any guidelines that are specific to your area. It even reminds you of your recycling bin day! Never will you have to worry about running outside in your pyjamas again, bin in tow.

The direct connection with council also enables users to contact them with any questions or reports as well as pickups of specialty waste such as e-waste, soft plastics, clothes and problem waste.

BETTER LIFESTYLES, HELPFUL GUIDES, THE ENVIRONMENT

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