

Small tips to make a big difference

For over 100 years, Uniting has helped individuals, families and communities with services that build confidence and capability. We do this across many areas, including family services, crisis and homelessness, alcohol and other drugs, financial education, disability, early learning, aged and carer and more. Here we share some practical tips from across some of our services to help you shop smarter, save on your energy bills and feel more at ease in the present moment.

To inspire people, enliven communities and confront injustice.

Shop smarter



Fill your trolley with essentials

Focus on what you need by taking a shopping list.



Look for cheaper protein

Lentils, dried beans, eggs and tinned are great.



Look at what's in season

Seasonal fruit and vegetables will cost you less.

Save energy



Clean your dryer lint filter

When done regularly this will save you money.



Turn off appliances at the wall

Do this and you will see the savings on your energy bill.



Maintain the fridge temperature

3° to 5° on your fridge and -15° to -18° on your freezer.

Manage stress



Slow down your breathing

Inhale for 4 counts, hold for 7, and exhale for 8. Repeat.



Progressive muscle relaxation

Tense each muscle from head to toe for 3 seconds and relax.



Remain present

Avoid thinking about things that haven't happened.