REDUCING YOUR ENVIRONMENTAL IMPACT

Start by understanding your impact. A footprint calculator, like **this one from the Global Footprint Network** will help you understand your biggest environmental impacts. By understanding your impacts you can make a plan to reduce them.

🏠 HOME

Replace your lightbulbs. Regular incandescent light bulb or compact fluorescent light bulb (CFL) with LEDs. They use 75% less energy than a regular bulb.

Choose energy efficient appliances. When making a purchase, look for the **Energy Star** label to choose the most efficient models.

Set the temperature. Move your thermostat down 2°C in winter

Insulate and weatherise your home. Properly insulating your walls and ceilings can save 25% of your home heating bill and 2,000 pounds of carbon dioxide a year.

Switch to Green Power. In many areas, you can switch to energy generated by clean, renewable sources such as wind and solar.

Wrap your water heater in an insulation blanket. You'll save 1,000 pounds of CO_2 a year with this simple action. You can save another 550 pounds per year by setting the thermostat no higher than 120°F.

✋ HABITS

Recycle! You can save 2,400 pounds of carbon dioxide a year by recycling half of the waste your household generates.

Buy Recycled Products. It takes less 70–90% less energy to make recycled paper.

Use less hot water. It takes a lot of energy to heat water. You can use less hot water by installing a low flow shower-head (350 pounds of CO_2 saved per year) and washing clothes in cold or warm water (500 pounds of CO_2 a year).

Use a clothesline instead of a dryer. You can save 700 pounds of carbon dioxide when you air dry your clothes for 6 months out of the year.

Turn off electronics you're not using. Simply turning off your TV, DVD player, stereo, and computer when not using them will save you thousands of pounds of CO_2 a year.

Unplug electronics from the wall when not using them. Even turned off, hairdryers, phone chargers and TVs use energy. The energy used to keep display clocks lit and memory chips working accounts for 5% of total domestic energy consumption and spews 18 million tons of carbon into the atmosphere every year!

Dishwashers. Only run it for a full load, and use the energy-saving setting. You can save 100 pounds of CO_2 a year.

🍎 FOOD

Reduce Food Waste. Around one third of food purchased in the UK is thrown away & wasted.

Buy Locally Grown Food. Buying locally will save fuel and keep money in your community.

Support Farmers Markets. They reduce the amount of energy used by one fifth.

Avoid Heavily Packaged Food. You save 1,200 pounds of CO_2 if you cut down rubbish by 10%.

Eat less meat. Methane is the second most significant greenhouse gas and cows are one of the greatest methane emitters. Their grassy diet and multiple stomachs cause them to produce methane, which they exhale with every breath.

🚗 TRAVEL

Reduce the number of miles you drive. You can walk, cycle, lift-share or use public transport where possible. Avoiding just 10 miles of driving every week would eliminate about 500 pounds of CO_2 emissions a year!

Check your tyre pressure weekly. Properly inflated tyres can improve petrol mileage more than 3%. Since every gallon saved keeps 20 pounds of CO_2 out of the atmosphere, every increase in fuel efficiency makes a difference.

Buy a fuel-efficient car. When it is time, buy carefully. You save 3,000 pounds of CO_2 a year if your car gets only 3 miles per gallon more.

Fly less. Air travel produces large amounts of emissions. Reducing how much you fly may well be the biggest reduction opportunity for most people.