Top tips to reduce your energy consumption and carbon emissions

Tick each point to show how much you are already doing.

Section One: No capital cost, saving you money and only a small change in life style / routine

- Only fill the kettle with the actual amount of water you need to boil
- Use the smallest size saucepan possible
- Turn off lights when leaving the room (even low energy ones.)
- Turn the heating down 1 degree – this saves up to 10% on your heating bill, up to £40 per year
- Consider keeping the room thermostat at 69 degrees (19 degrees Celsius)
- Close the curtains at dusk to save heat going through the windows and tuck behind radiators if you can
- Don't brush your teeth or wash hands under running water, use a mug or the plug
- Drink tap rather than bottled water – think of the energy used to make the bottle, fill it and transport it to a shop, look for the refill symbol when out where you can top up for free
- If you feel chilly towards the end of the evening, put on an extra jumper, your dressing gown etc, rather than put the heating on for a short time
- Set the time clock to turn off the heating 30 minutes before you go to bed.
- Re-use items as often as you can – plastic carrier bags, refillable ink cartridges, recycled paper product etc. Always have a cloth shopping bag in your pocket and refuse the plastic carrier. Consider buying 2nd hand where you can.
- If you can, walk to local destinations rather than using the car. (trips under two miles cause the greatest ware on the engine and higher fuel usage. This also helps your fitness.
- Try to shop only once or twice a week and shop local. Take your own containers where you can.
- When using the washing machine or dish washer, run them on a full load and if possible set the temperature at 40 degrees or use the economy setting
- It's more energy efficient to stack up the dish washer and run it full than hand wash several small lots of dishes
- Dry clothes outside if possible.
- If drying clothes indoors, better to put them on a rack, turn down the heating and open a window than drape them over a radiator and turn the heat up
- Keep the fridge / freezer door closed as much as possible
- **Never** leave electrical equipment on standby – standby often uses as much as 50% of the full running energy
- Small batches of quickly cooked items like frozen sausage rolls can be cooked at the end of cooking some-thing else, the oven will already be hot
- Reuse old envelopes by re addressing with a sticky label
- Recycle everything you can. Get together with neighbours to save unnecessary trips by car to the recycling point. Get to know the full range of re-cycling opportunities there are locally. Recycling includes making compost
- If you do buy potting compost / grow bags, try to avoid peat based products – undisturbed peat can soak up carbon emissions and is being harvested faster than it forms
- Fix any dripping taps. This saves water and the energy used to get water to your home
- Save electricity by turning down the contrast and brightness levels on your T.V.
- Car share when ever you can. Road transport accounts for 22% of all U.K. domestic emissions—some 40% in Shropshire
- If you have a microwave, where possible, use it in preference to your cooker, it uses far less energy
- Fit a toilet Hippo to save water on each flush

Section Two: A small extra cost to you and perhaps some necessary change in routine, time or lifestyle

- Try not to buy out of season fruit and vegetables. Years ago these were not available and we all managed. Out of season English apples are kept in chilled storage for months at great energy cost and winter salads grown in heated greenhouses have a huge environmental cost
- Always consider the origin of the product – is there a locally produced alternative
- Shun the unnecessary packaging, can you buy elsewhere where it is sold loose?
- Consider bulk purchases with friends / neighbours to reduce the transport journeys
- Buy locally rather than over the internet – often "white van man" travels many miles to deliver just one small item
- Replace light bulbs with low energy equivalents. They use 80% less electricity and though they cost more they should last many, many times longer. A much wider range are now available locally
- If you have an older fridge or freezer which is not "A" rated, fit a "saver plug" which will greatly reduce the running costs
- An Ink Jet printers use far less energy than a laser printer
- Fit a thermostat to your hot water cylinder if the water gets too hot
- Change to a renewable energy supplier—see advice sheet No. 29
- Buy refills for original containers such as washing up liquid, tea and coffee and use eco friendly cleaning products that are not derived from oil

Section Three: Greater cost to you and a bigger change in lifestyle

- Consider holidays nearer to home and use the plane less if possible. Air travel accounts for 6.3% of all U.K. emissions and this is rising.
- Use public transport rather than the car
- When replace old domestic equipment, central heating boilers etc, go for the most energy efficient products possible. Consider the possibility of installing solar hot water heating or an air source heat pump
- When replacing the car consider a smaller fuel efficient and lower emissions model and does it have to be new? Consider if an electric car would be suitable.
- Have an energy efficiency audit carried out on your home to help identify what can be done and the likely savings. In order of cost effectiveness you might

  1. Increase loft insulation to 300mm
  2. Where possible install cavity wall insulation
  3. Install double or triple glazing
  4. Reduce drafts
  5. Insulate floors

Without too much effort you could cease to be part of the problem and in turn become part of the solution to reducing carbon emissions and climate change.

For more information about Stretton Climate Care, visit our website

www.strettonclimatecare.org.uk

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Why not call in to see us at our drop-in sessions, 10.00—12.00 every Thursday at
The Wellbeing Centre, East Hope Road, Church Stretton

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