

**Reducing Energy Consumption
In the Home and CO2 Emissions**

We would like you to try and carry out the following small actions that can really make a difference. Please put a tick next to the ones you've always done or that you start to do, as this will help us to work out the reduction in CO2 you have made for your household.

	Action	Already do this	Done this
1	Kettle – only boil as much water as you need, kettles are notoriously inefficient machines that waste a lot of energy.		
2	Lights – Change all your bulbs to energy saving bulbs		
3	Lights – Switch the light off every time you leave the room. 'There's no truth in stories you may have heard that the act of turning a light on uses the same energy as leaving it on for half an hour' How Bad are Bananas? Mike Berners-Lee		
4	Lights – If you like a light on for when you get home, try a plug in timer on a lamp.		
5	Washing Machine – Always run a full load, 30oc and modern washing powders will get your clothes clean. Use 40oc at the very most!		
6	Tumble Drier – Try to dry outside or on airing racks, but if you have to use the tumble drier always ensure a full load that has been well spun.		
7	Shower instead of having a bath – an ordinary, non-power shower uses only two-fifths of the water needed for an average bath.		
8	Water Temperature – Turn it down! 60oc is a comfortable temperature for most people and you're washing needs. If when you are washing yourself or your dishes you have to run the hot and cold tap together then your water temperature is definitely too hot!		
9	Switch to a renewable electricity supplier – this can immediately make a difference to your households CO2 emissions. But even if you switch it is most important to reduce energy consumption. Friends of the Earth recommend Ecotricity, Good Energy, Green Energy and Scottish Power.		
10	Switch microwaves, TVs, videos, stereos, DVDs and computers off. '85% of the energy used by a DVD player is consumed when it is not actually in use' Friends of the Earth If an appliance feels warm, then it is using power. Save energy and power by switching it off at the socket when not in use (as long as it doesn't affect the memory).		
11	Don't leave laptops, phones, cameras, iPods etc on charge overnight or for prolonged periods of time. Once charged switch off at the socket.		

