

# REDUCING YOUR ENERGY CONSUMPTION

CUT YOUR CARBON FOOTPRINT AND YOUR BILLS WITH THESE ENERGY SAVING POST-ITS.








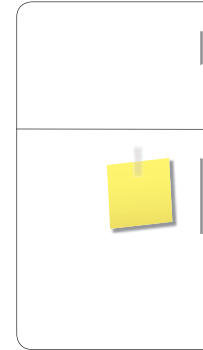
Protecting People and Planet

Print them out and stick them up on your fridge, dashboard or mirror, reminding you to keep up the good work!

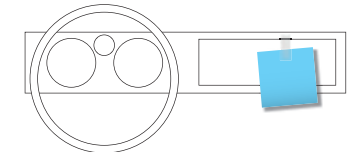
## AT HOME







- ADD OR TOP UP YOUR ATTIC INSULATION.** Insulating your loft properly could save up to £225 a year<sup>1</sup>. Fitting internal wall insulation could save you £445 a year and external wall insulation could save you £475 a year<sup>2</sup>.
- INSULATE YOUR BOILER.** If it feels hot to the touch then you are wasting energy, you can stop this with a hot water tank insulation jacket. Fitting one could save £40 a year<sup>3</sup>.
-  **REPLACE AN OLD BOILER** with a new, high efficiency condensing boiler. This could save up to £300 a year on your heating bill<sup>4</sup>.
-  **TURN YOUR THERMOSTAT DOWN BY 1°C** with a new, high efficiency condensing boiler. and save around £55 on your heating bill a year<sup>5</sup>.
- DRAUGHT-PROOFING.** your home could save £55 a year<sup>6</sup>.
- SWITCH OFF LIGHTS WHEN YOU LEAVE A ROOM.** Getting into the habit could save the average household up to £10 a year per room<sup>7</sup>.
-  **TURN OFF ELECTRICAL APPLIANCES** when you're not using them, and don't put anything on standby. Turning off rather than putting devices on standby could save your household £125 a year on energy bills<sup>8</sup>.
-  **REPLACE ELECTRICAL APPLIANCES** with new ones with good energy ratings.
- SWITCH TO LED LIGHTS.** Cheaper and more efficient, you would run through 20 halogen spotlights in the lifetime of 1 LED light<sup>9</sup>. Replacing a 50W halogen downlighter with a 6W LED could save you £70 by the time you have to replace the bulb<sup>10</sup>.
- CHECK THE SEALS ON YOUR FREEZER,** and defrost it regularly to keep it running efficiently.
- REDUCE YOUR AIR CONDITIONING USE,** or replace units completely, with free-standing, box or ceiling fans. Clean AC filters regularly to ensure they work efficiently and close your blinds during the day to keep rooms cool.
- STAY WARM IN WINTER,** by installing double or triple glazing on windows, this could save up to £165 on your heating bill each year<sup>11</sup>.
- USE ECONOMY PROGRAMMES** on dishwashers and washing machines, turn the temperature down to 30°C (your clothes will be just as clean!) and don't under-fill them.
-  **LET YOUR CLOTHES DRY NATURALLY** rather than putting them in a drier. Not using a tumble drier could save you around £75 a year<sup>12</sup>.
- DONATE** to EJF's No Place Like Home campaign and support our work to protecting climate refugees [www.ejfoundation.org/donate](http://www.ejfoundation.org/donate)



## GETTING AROUND



- CAR SHARE,** or take the bus or the tube to work. 
-  **CYCLE OR WALK** - 42% of all journeys are two miles or less<sup>13</sup>.
- LOOK FOR GOOD FUEL EFFICIENCY** when you buy a new car, and consider whether you're driving needs would be better met by a diesel or petrol engine.
- REDUCE THE WEIGHT-LOAD OF YOUR CAR.** For every 100 lbs you leave at home, it will save 1-2% on your fuel consumption<sup>14</sup>.
-  **KEEP TIRES INFLATED** at the right level. Check your car manual or the manufacturer's website if you don't know what pressure they should be.
-  **REDUCE YOUR DRIVING SPEED,** avoid fast acceleration and turn off the ignition rather than idling and save on fuel.



- REDUCE FOOD MILES** by buying local and UK produce.
- HAVE A GO AT GROWING YOUR OWN** fruit and vegetables.
- GO ORGANIC.** Organic soils contain up to 28% more carbon than other soils, so supporting organic production will help reduce the CO<sub>2</sub> in the atmosphere<sup>15</sup>.
- EAT LESS MEAT.** The production of 1kg of beef is responsible for the same greenhouse gas emissions as driving for three hours whilst leaving all the lights on at home<sup>16</sup>. If everyone ate a low-meat diet (defined as 70 grams of beef and 325 grams of chicken and eggs per week) this would free up 15 million square metres of farmland. Growing vegetation on this farmland instead could wipe up to 50% off the cost of fighting climate change<sup>17</sup>.
- TAKE A SHOWER** rather than a bath and save around 317kg of carbon<sup>18</sup> and **£18** a year on water bills and **£21** a year on gas bills<sup>19</sup> and cut down on the time you're showering.
- TURN OFF THE TAP** when you're brushing your teeth.

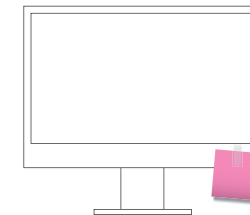
- ONLY FILL THE KETTLE AS MUCH AS YOU NEED TO,** and de-scale it so it is more efficient. If everyone in the UK only boiled the water they needed, we could save enough electricity in a year to power the UK's street lights for one month<sup>20</sup>.
- PUT LIDS ON YOUR PANS WHEN COOKING,** this will help retain the heat.
- DON'T THROW AWAY GOOD FOOD.** Food waste goes to landfills and breaks down, releasing lots of methane. The average UK household wastes the equivalent of **£480** a year on food and drink. If this were eliminated, the effect on CO<sub>2</sub> would be equivalent to removing one in four cars off UK roads<sup>21</sup>.
- BUY A BAG FOR LIFE.** It is estimated that the average person in the UK gets given around 300 plastic bags a year<sup>22</sup>.
- RECYCLE** - and not just the waste from your kitchen. Don't forget to recycle things from other rooms in the house (like shampoo bottles, boxes of tissues...). Recycling waste helps to reduce greenhouse gas emissions by 18 million tonnes a year in the UK, the equivalent of taking 5 million cars off the road<sup>23</sup>.



Office-based activities are responsible for around 6.8 million tonnes of carbon dioxide emissions a year. It is estimated that energy savings of up to 20%, equivalent to more than **£157** million, are possible across the sector<sup>24</sup>.

- SWITCH COMPUTERS AND MONITORS OFF** during out-of-hours and enable standby features. This could save your business **£35** a year per computer and prolong the lifespan of your equipment<sup>25</sup>.
- TRY TO KEEP YOUR THERMOSTAT AT 19°C** as your heating costs will increase by 8% each time you turn the temperature up by just 1°C<sup>26</sup>.
- SWITCH LIGHTS OFF IN UNOCCUPIED ROOMS,** and look into whether your company can use daylight sensors and occupancy sensors. These can reduce lighting costs by as much as 30%<sup>27</sup>.

## THE OFFICE



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