



SUTTON UNITED

Acting Positively on CO₂

Carbon in the Home

A few ideas for reducing the carbon footprint of your household:-

- a. Don't overfill the kettle, only put in as much water as you need for the number of cups of tea or coffee you are making.
- b. Don't leave your TV or stereo on standby, turn it off at the plug.
- c. Turn lights off when the last person leaves a room.
- d. Replace older lamps with modern, more efficient lamps. Compact fluorescent lamps and new LED lamps cost more than traditional tungsten filament lamps but they last a lot longer and work out cheaper in the end. What's more, they use less energy to give out an equivalent level of light and are responsible for lower emissions of CO₂
- e. Turn the heating thermostat down in winter. Reducing the temperature by just one Degree Centigrade can reduce your heating bills by up to 10%.
- f. Take a shower instead of a bath. Showering uses less hot water.
- g. Walking is healthy as well as good for the environment, for longer journeys try cycling. Travel by public transport when you can rather than go by car.
- h. Regularly check the pressure of your car tyres, properly inflated tyres improve fuel efficiency.
- i. When driving, steady speeds and gradual acceleration are more fuel-efficient than a stop-start style.
- j. Removing unnecessary weight/equipment from your car boot can save you up to 400kg CO₂ and £120 per annum.
- k. Everyone dreams of nice foreign holidays, but the UK has some great places to visit. If you do fly, why not purchase some carbon offsets to help mitigate the effects of your journey.
- l. Plant a tree; trees remove CO₂ from the atmosphere – and they look nice !



- m. Encourage your friends to take action to cut their carbon emissions. Why not start a competition to see which of your friends can make the most savings. Loser gets the cakes in !

To calculate your Carbon Footprint – the amount of CO₂ that you and/or your family is responsible for putting into the atmosphere, visit the Planet Positive web-site and use their simple calculator:- http://www.planet-positive.org/how_2_kidscalculator.php