

Unison International Women's Day Event:
Taunton
3 March 2007



Cutting your Carbo(n)s at Home

Energy efficiency

Do an energy audit of your home (British Gas, Energy Savings Trust)
Install 250mm loft insulation
Install cavity wall insulation
Install a condensing boiler
Use energy saving appliances
Fit heating controls
Turn down your thermostat
Install double/triple glazing
Reduce washing temperature to 30 degrees
Use draught proofing
Use low energy light bulbs
Put aluminium reflectors behind your radiators
Put an insulation jacket on your hot water cylinder
Turn off computers/tvs/other electronics rather than leave on standby
Switch off lights when not in room
Close the curtains

Renewables

Switch to green electricity supplier
Install solar panels/photovoltaics/wind turbines = microgeneration
Oppose nuclear!

Transport

Cut back on unnecessary flights, especially short haul
Choose a car with low CO2 rating and MPG
Choose petrol alternatives
Lift/car share
Find alternatives to the school run
Drive less, especially for trips less than 2 miles
Use public transport as much as possible
Get fit by cycling or walking more!

Food and shopping

Watch your food miles
Support food miles/carbon labelling
Avoid petrochemical products and say NO TO PLASTIC BAGS

Recycling

Reduce, re-use, recycle and compost
Avoid excess packaging
Stop junk mail
Conserve/re-use water

Sources: Carbon Trust, Energy Saving Trust, COIN, FoE, WEN