



Do It In The Dark...

At home

Use energy-efficient light bulbs - they use a fraction of the electricity of ordinary bulbs and last up to 10 times longer! Turn down your heating by one degree and reduce your fuel bill by 10%! Even if you don't pay the bills! Turn electrical appliances off standby - 85% of energy used by a DVD player is when not in use. Draught proof doors, windows, letterboxes and keyholes. Keep doors closed. Cover windows with curtains to block out drafts at night. Ask bill payers to change to a green energy provider - Renewable energy is all naturally occurring energy sources such as wind, hydro, solar power, biomass or landfill gas. The sun gives off enough energy in one hour to power the whole planet for a year!

In the Kitchen

Put lids on saucepans to save 80% more energy. Use just enough water to cover the food. Chop up your meat/veggies into smaller pieces to reduce cooking times. Match the size of the ring to the size of the saucepan. Use a microwave oven to cook small meals. Keep electric hob rings clean to work more efficiently. Fridge Doors - 1 minute open equals 3 minutes of energy to cool down again. Defrost your freezer regularly, so it doesn't have to work so hard. Don't overfill the kettle - just put in the amount of water you need. Turn off dripping taps. Always put the plug in your sink. Soak dirty dishes in a washing up bowl. Set your dishwasher to a lower temperature for heating the water they use - this is where most of their energy is spent - newer models use up to 50% less water than hand washing. Remember energy is used to clean and deliver water to your home.



In the Bathroom

Use a shower instead of a bath - it's five times cheaper! Take less time in the shower. Turn off the tap when brushing your teeth.

Doing Laundry

Wash full laundry loads only on low-temperature programmes. If you use a tumble dryer, spin-dry wet clothes first.

At work

Buy a laptop instead of a desktop PC. Use a flat panel screen instead of a tube monitor - flat panels produce less heat and draw less power. Use an inkjet printer. Send and receive faxes by email. Print on both sides of the paper; write with smaller spaces; re-use scrap paper.

Everywhere else

Cycle; Walk more; Use public transport; Share cars; Buy local produce to reduce air miles - the average supermarket item has travelled 1000 miles! Buy products with less packaging. Buy less things that you don't really need. Use fewer plastic bags, buy a nice shoulder bag for your shopping. Don't buy tiny bottle drinks, which run out quickly. Use ecologically friendly products. Plant trees. Remember the 3 R's - Reduce, Reuse, Recycle. Recycling is good but much more expensive than reusing and reducing. Reuse is better, reduce is best of all!

Even if you only do one of these things, you'll have made a difference...

...small steps to change the world

To take an online pledge, or for further info about easy sustainability practices go to www.afsl.org.uk

