

## **Individual action for helping to combat climate change.**

**Global warming is a problem of enormous proportions, but that doesn't mean we can't do something about it. There are important things we can do to reduce our impact on the environment.**

Reducing our personal energy use is the easiest and most effective way to help curb global warming.

- We may be able to purchase green energy from a local green power company. If such energy is not available, consider purchasing a renewable energy system such as solar photovoltaics (PV) or wind for your home or business.\*
- Turn down the temperature on your refrigerator, your washing machine and your water heater.
- Purchase appliances that are the most energy efficient you can afford. Buy efficient electric appliances. They use two to 10 times less electricity for the same functionality, and are mostly higher quality products that last longer than the less efficient ones. In short, efficient appliances save you lots of energy and money. In many countries, efficiency rating labels are mandatory on most appliances. In the EU, models are labelled A++ for the most efficient, then A+, A, B, C, D for subsequently less efficient models. Look for the A++ or A+ models. In the US, the Energy Star label is used.
- It is generally better to buy a two door refrigerator/freezer combination with separate compartments, than a separate refrigerator and freezer. Refrigerator/freezer combinations where the freezer is at the top or bottom of the unit are generally better than ones with side by side doors. Of course, you should always compare energy consumption ratings, pay attention to energy efficiency labels.
- Consider switching to a laptop computer – it uses five times less electricity than a desktop.
- Turn it off! Switching off a computer extends its lifetime, contrary to some misconceptions. Leaving a computer running the whole year will cost you more than 1,000 kWh/y, or almost as much as the total electricity consumption of a high-efficiency household. Cut off standby losses. Most modern electric appliances consume electricity even when turned off. For TVs, VCRs, faxes, Hi-Fis, computer screens, cable boxes, and broadband modems this is on average some 40 - 120 kWh/y. In total, household losses can reach several hundred kWh/y, all for doing nothing useful. The best solution is to buy appliances that have a very low standby energy consumption. Standby power consumption is mentioned in the product manual and can be checked before buying. Or you can look for it on specialised websites. For most appliances, it should be around 0.5 - 1 watts/hour or 4-8 kWh/year. Keep in mind that the cost of wasted standby energy over a model's lifetime can be higher than the cost of buying it!
- Insulate your home to ensure that heat or air conditioning is not escaping through windows and cracks.

- Save water by showering rather than bathing and use efficient showerheads.
- Replace traditional lightbulbs with energy-saving bulbs.
- Walk, ride, car share or use public transportation whenever possible.
- If buying a new car consider an energy efficient model rather than a 'gas guzzler'.
- Buy fairly traded goods as far as possible. The Co-op does an excellent range of Fairtrade foods and drinks and many clothing shops now source their goods ethically.
- Do a bulk shop of non-perishable foods monthly (using transport) and shopping locally for perishables (walking/cycling).
- Whenever possible buy locally sourced foods to help reduce food miles.
- Don't waste food – cook less or be inventive and use up scraps.
- Compost as much as you can.
- Consider growing your own – it tastes better, is cheaper and has the added benefit of giving you some exercise.
- Eat low on the food chain. Try at least one meat-free meal a day since 18 per cent of greenhouse gas emissions come from meat and dairy production.
- Recycle as much as you can. Donate unwanted items to charity shops. Where possible repair rather than replace.
- Get informed – follow the latest news on climate change and keep up to date with information and ideas.
- Join the CAFOD 'One Climate, One World' campaign.
- Ask the Climate and Energy Secretary, Amber Rudd to ensure that all UK investment in energy overseas protects the climate and benefits the poorest people and ask her to lead the shift away from fossil fuels towards sustainable energy.

*\***Ecotricity** are a UK-based company and the world's first green electricity company. Their mission is to change the way electricity is made and used in Britain. They offer 100 per cent green electricity and Britain's greenest gas. All of Ecotricity's profits go back into their mission - meaning that they use their customers' energy bills to fund the building of new sources of green energy.*

*You can power your home with energy from Ecotricity no matter where you live in t Britain. Using green energy will reduce your carbon footprint and by using Ecotricity you'll be funding sustainable energy projects in the UK: 66 pence in every £1 you pay in your energy bills will go to Ecotricity's green energy projects. Ecotricity also secured first place in the 2015 Energy Customer Satisfaction Survey conducted by consumer champion, Which?*

*Ecotricity will donate £40 to CAFOD when a supporter switches their electricity to Ecotricity, or £60 if they switch gas and electricity but you **must** use the link on the CAFOD website, <http://cafod.org.uk/Give/Major-giving/Companies/Ecotricity> or call 08000 302 302 and quote CAFOD1. No customer or supporter data will be shared between CAFOD and Ecotricity and as such only by using this specific URL or quoting CAFOD1 on the phone will CAFOD be able receive the donation.*