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| **Things I can do to reduce my ENERGY use** |
| Know how much I’m using |
| Turn things off when not in use |
| Install timers for appliances that are hard to switch off each evening |
| Install LED or low energy light bulbs |
| Turn the thermostat down by 1 degree |
| Lagging (pipes and hot water tank)  |
| Draught proof letterboxes, doors etc |
| Bigger investments… loft insulation, cavity wall insulation, solar panels  |

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St Albans & District

[www.sigbi.org/st-albans](http://www.sigbi.org/st-albans)

**WAYS TO REDUCE YOUR CARBON FOOTPRINT**

There are lots of online **Carbon Footprint Checkers** – get starter by trying this simple one which Catherine Ross of Transition St Albans introduced us to: <http://footprint.wwf.org.uk/>

Find local sustainability information and events such as **Open Food Gardens** and **Open Meetings with speakers** at **Transition St Albans** webpage (also on Facebook and Twitter) <https://transitionstalbans.org/>

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| **Things I can do to reduce my WATER use** |
| Know how much I’m using |
| Reduce water used for flushing toilets (e.g. device in cistern, flush less often) |
| Fix taps, drips and leaks |
| Use a timer for taking showers, install an aireator. Use less water in a bath.  |
| Use water efficient washing cycles, only wash full loads |
| Don’t leave the tap running when washing up, cooking or cleaning teeth |
| Reduce water used out of doors (Have a Water Butt) |

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| **FOOD: Eating more sustainably – what can I do?** |
| Buy local and seasonal foods |
| Do a meal planner so that you only buy what your need |
| Have weeks when you cook from the cupboard |
| Freeze extra portions of food for another day |
| Reduce food packaging |
| Minimise food waste  |
| Buy organic food |
| Eat less meat |

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| **TRANSPORT : Getting around more sustainably - what can I do?** |
| Adopt more fuel efficient driving practices, keep tyres at correct pressure |
| Cycle rather than drive |
| Walk rather than drive |
| Take buses and trains |
| Try lift sharing |
| Fly less, try taking European holidays by train |
| Take holidays in the UK |

MAKING CHANGES

Catherine Ross suggested thinking of changing step by step:

* changing something TOMORROW
* working on something over the NEXT 3 MONTHS
* finding something you could WORK WITH OTHER SOROPTIMISTS OR FRIENDS OR FAMILY ON

Based on the presentation Catherine Ross, Transition St Albans gave to SI St Albans & District

22 May 2017

