



**Carbon  
Consultancy  
Company**

**Here are some pointers to help you to reduce your household emissions and combat climate change.**

**Know your carbon footprint. Calculate using the Carbon Consultancy Company Calculator and make a plan and some pledges to reduce your *carbon footprint*.**



- **Switch to energy efficient and “green” electricity providers. Appliances can be turned off at the wall, not left on standby.**
- **Leave the car at home, walk, cycle, catch the bus, or train. Consider setting up a car pool if you work in an office. Consider bio-fuel or cars with very low emissions.**
- **Consider video conferencing or contacting people by the telephone.**
- **Try to group activities away from the home together. Go shopping only after you have compiled a list and had a thought about your needs. This will save multi-trips to the shops.**
- **Buy from companies who have offset their carbon emissions.**
- **Buy local produce, not those which have been air-freighted in.**
- **Recycle more. Less Carbon is used recycling materials than making items from scratch.**
- **Ensure your home has energy saving light-bulbs. Think about switching off lights when you are not in the room.**
- **Turn your washing machine down 10 degrees.**
- **Turn your heating thermostat down 3 degrees. Wear a jumper in the house, see how much you save.**
- **Buy thick insulating curtains and make sure you close them at night.**
- **Replace windows and door with double glazing.**
- **Ensure that your loft is insulated.**
- **Don’t leave the tap running while you clean your teeth.**
- **Only boil the water needed to make the drinks you need.**

- **Buy refill products or concentrated products.**
- **Cover your pans when you are cooking. Lids on pans not only helps the water boil, but may use upto 90% less energy.**
- **Make sure you use the right sized pan for the cooker ring. You want to heat the base of the pan, not the sides.**
- **Buy products that are low in carbon and use low energy. Check ratings of new fridges and freezers. Pack the freezer out with bread or paper, it will use less energy.**

**If you have any further tips to share email us at [tips@carbonconsultancycompany.co.uk](mailto:tips@carbonconsultancycompany.co.uk)**

***Reduce carbon, save money and prosper!***



Help to reduce your carbon footprint and your effect on the planet.