

what are you planning to do?

Why lists? Lots of organisations create lists of tips and most of them aren't read or go straight in the bin. Throughout this book we've stressed that it's essential to:

- understand why we lead such carbon-dependent lives;
- integrate change with our values;
- understand why change may be painful or difficult;
- change direction in a way that can be maintained, rather than adopt a few token behaviours.

Some course members have told us that, having finished the course, they would find a global list of suggested changes useful, both in recognising their achievements and in planning further changes.

So – here it is! Use it if you want to, ignore it if you don't. At the end of each section there is space for you to add your own actions. Be creative!

I've already done this *I'm planning to do this*

Home energy	<i>I've already done this</i>	<i>I'm planning to do this</i>
Sign up to I-measure.....	<input type="checkbox"/>	<input type="checkbox"/>
Buy an energy monitor.....	<input type="checkbox"/>	<input type="checkbox"/>
Turn off lights when they're not in use	<input type="checkbox"/>	<input type="checkbox"/>
Turn appliances off standby	<input type="checkbox"/>	<input type="checkbox"/>
Turn the room thermostat down to 19°C	<input type="checkbox"/>	<input type="checkbox"/>
Turn the room thermostat down to 18°C.....	<input type="checkbox"/>	<input type="checkbox"/>
Turn down the hot water temperature to 50°C (see Appendix 2 for more information on this)	<input type="checkbox"/>	<input type="checkbox"/>
Review when heating and hot water turn on and off.....	<input type="checkbox"/>	<input type="checkbox"/>
Take short showers instead of baths.....	<input type="checkbox"/>	<input type="checkbox"/>
Review settings on thermostatic radiator valves.....	<input type="checkbox"/>	<input type="checkbox"/>
Don't overfill the kettle.....	<input type="checkbox"/>	<input type="checkbox"/>
Run the washing machine at 30 or 40°C and only when full	<input type="checkbox"/>	<input type="checkbox"/>
Run the dishwasher at 55°C and only when full.....	<input type="checkbox"/>	<input type="checkbox"/>
Dry clothes outdoors.....	<input type="checkbox"/>	<input type="checkbox"/>
Defrost fridge and freezer regularly	<input type="checkbox"/>	<input type="checkbox"/>
Close curtains at dusk, making sure they don't block radiators	<input type="checkbox"/>	<input type="checkbox"/>
Check radiators are off and doors closed in rooms not in use	<input type="checkbox"/>	<input type="checkbox"/>
Read meters monthly to check how much fuel you're using	<input type="checkbox"/>	<input type="checkbox"/>
Replace all lightbulbs with energy-efficient ones.....	<input type="checkbox"/>	<input type="checkbox"/>
Draught-strip all external doors and windows.....	<input type="checkbox"/>	<input type="checkbox"/>
Fit draught-strip to your letterbox	<input type="checkbox"/>	<input type="checkbox"/>
Check the insulation on your hot-water tank – add or replace it if it's less than 75 mm (3") thick	<input type="checkbox"/>	<input type="checkbox"/>
Insulate hot water pipes	<input type="checkbox"/>	<input type="checkbox"/>
Fix shelves above radiators on external walls, put foil behind and adjust curtains to sit on the shelves.....	<input type="checkbox"/>	<input type="checkbox"/>
'Shrink-wrap' all single-glazed windows for winter	<input type="checkbox"/>	<input type="checkbox"/>
Put up DIY secondary glazing on appropriate windows.....	<input type="checkbox"/>	<input type="checkbox"/>

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- Check the insulation in your loft. Add more if it's less than 300 mm
- Find out if you have an unfilled cavity wall and (if yes) have it filled.....
- Put your fridge and freezer in the coolest places possible
- Put up or lengthen a washing line outdoors
- Whenever you buy electrical goods, choose the most efficient based on the EU energy label
- Buy the smallest appliances you can manage with
- If appliances are not EU rated, (e.g., TV, Hi-Fi) ask about their efficiency and choose the best you can find
- Choose the most efficient 'A' rated boiler, remembering also to upgrade controls, radiator valves and your hot-water cylinder
- Check that new lamps/side lights can take energy-efficient bulbs
- Get advice about 'best practice' for energy saving – exceed current building regulations...
- Choose high-performance double- or triple-glazed windows and doors.....
- Dry line and insulate external walls
- Ensure all new lighting takes energy-efficient lightbulbs and upgrade other fittings while the electrician is at your house
- Choose a wood-burning stove rather than an open fire
- Upgrade central-heating controls
- Make sure kitchen and bathroom extracts include heat recovery
- Seal the gaps around anything in external walls (pipes, cat-flap etc.)
- Choose: FSC timber; natural insulation materials (like sheep's wool, flax and hemp); natural fibres for floor coverings; and organic, low-solvent paints.....
- Install solar panels for hot water.....
- Install biofuel heating (e.g., woodchip boiler or wood-burning stove).....
- Install photovoltaic solar panels for electricity.....
- Install a wind turbine
- Replace all windows and any glazed doors with high-performance, double- or triple-glazed units.....
- Replace front and back doors with high-performance, insulated doors
- Insulate underneath the ground floor.....
- Dry line all external walls
- Externally insulate walls – especially flank walls with few windows
- Externally insulate flat roofs
- Install a grey-water system.....
- Install a composting loo
- Create a turf or sedum roof.....
- Install a ground-source heat pump
- Home energy – your own actions**.....
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Travel

Keep a travel diary and monitor fuel use.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce flights by 50%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce flights by 75%.....	<input type="checkbox"/>	<input type="checkbox"/>
Fly only in emergencies.....	<input type="checkbox"/>	<input type="checkbox"/>
Fly only to see family overseas.....	<input type="checkbox"/>	<input type="checkbox"/>
Make longer, less frequent trips to family overseas.....	<input type="checkbox"/>	<input type="checkbox"/>
Stop flying altogether.....	<input type="checkbox"/>	<input type="checkbox"/>
Use the train or coach for European travel.....	<input type="checkbox"/>	<input type="checkbox"/>
Holiday in the UK.....	<input type="checkbox"/>	<input type="checkbox"/>
Holiday nearer to home.....	<input type="checkbox"/>	<input type="checkbox"/>
Find a job nearer home.....	<input type="checkbox"/>	<input type="checkbox"/>
Move home to be nearer work.....	<input type="checkbox"/>	<input type="checkbox"/>
Obtain a bike.....	<input type="checkbox"/>	<input type="checkbox"/>
Learn to ride a bike.....	<input type="checkbox"/>	<input type="checkbox"/>
Find a friend to cycle with/share good routes.....	<input type="checkbox"/>	<input type="checkbox"/>
Walk or cycle to work in the summer or on fine days.....	<input type="checkbox"/>	<input type="checkbox"/>
Walk or cycle to work every day.....	<input type="checkbox"/>	<input type="checkbox"/>
Work from home one or more days per week.....	<input type="checkbox"/>	<input type="checkbox"/>
Use a bike basket.....	<input type="checkbox"/>	<input type="checkbox"/>
Use a bike trailer (for transporting either goods or children).....	<input type="checkbox"/>	<input type="checkbox"/>
Walk or cycle the children to school.....	<input type="checkbox"/>	<input type="checkbox"/>
Find out about local bus services.....	<input type="checkbox"/>	<input type="checkbox"/>
Take the bus/tube/train to work.....	<input type="checkbox"/>	<input type="checkbox"/>
Share the school run with other families.....	<input type="checkbox"/>	<input type="checkbox"/>
Combine car trips together.....	<input type="checkbox"/>	<input type="checkbox"/>
Join Liftshare.....	<input type="checkbox"/>	<input type="checkbox"/>
Find a travel partner for commuting.....	<input type="checkbox"/>	<input type="checkbox"/>
Take the bus or train on holiday.....	<input type="checkbox"/>	<input type="checkbox"/>
Plan leisure trips round the coach/train instead of the car.....	<input type="checkbox"/>	<input type="checkbox"/>
Explore good days out by public transport.....	<input type="checkbox"/>	<input type="checkbox"/>
Trade down to a smaller more efficient car.....	<input type="checkbox"/>	<input type="checkbox"/>
Use the car only in emergencies.....	<input type="checkbox"/>	<input type="checkbox"/>
Get rid of the car.....	<input type="checkbox"/>	<input type="checkbox"/>
Set up or join a car share scheme.....	<input type="checkbox"/>	<input type="checkbox"/>
Set a modest yearly car mileage limit.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce that limit by 10% per year.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce car mileage to no more than 2000 miles per year.....	<input type="checkbox"/>	<input type="checkbox"/>
Keep to the speed limit.....	<input type="checkbox"/>	<input type="checkbox"/>
Drive at a maximum of 60 mph on motorways and at no more than 50 mph on other roads.....	<input type="checkbox"/>	<input type="checkbox"/>
Check tyre pressures regularly.....	<input type="checkbox"/>	<input type="checkbox"/>
Remove heavy items/roof rack from the car when not in use.....	<input type="checkbox"/>	<input type="checkbox"/>
Drive smoothly, avoiding unnecessary changes of speed.....	<input type="checkbox"/>	<input type="checkbox"/>

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Travel – your own actions.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>

Food and water

Cook vegetarian meals twice each week.....	<input type="checkbox"/>	<input type="checkbox"/>
Cook vegetarian meals 4 times each week.....	<input type="checkbox"/>	<input type="checkbox"/>
Eat only grass-fed, locally produced meat.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce meat consumption by 50%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce meat consumption by 75%.....	<input type="checkbox"/>	<input type="checkbox"/>
Stop eating meat.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce dairy consumption by 50%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce dairy consumption by 75%.....	<input type="checkbox"/>	<input type="checkbox"/>
Stop eating cheese.....	<input type="checkbox"/>	<input type="checkbox"/>
Stop eating all dairy produce.....	<input type="checkbox"/>	<input type="checkbox"/>
Aim to eat 50% organic produce.....	<input type="checkbox"/>	<input type="checkbox"/>
Aim to eat 75% organic produce.....	<input type="checkbox"/>	<input type="checkbox"/>
Eat only organic produce.....	<input type="checkbox"/>	<input type="checkbox"/>
Eat 75% seasonal fruit and vegetables.....	<input type="checkbox"/>	<input type="checkbox"/>
Eat only seasonal fruit and vegetables.....	<input type="checkbox"/>	<input type="checkbox"/>
Join a local, organic, vegetable box scheme.....	<input type="checkbox"/>	<input type="checkbox"/>
Buy local produce from farmers' markets.....	<input type="checkbox"/>	<input type="checkbox"/>
Buy air-freighted food only on special occasions.....	<input type="checkbox"/>	<input type="checkbox"/>
Stop buying all air-freighted food.....	<input type="checkbox"/>	<input type="checkbox"/>
Buy 75% food from UK/Europe.....	<input type="checkbox"/>	<input type="checkbox"/>
Buy food only from UK/Europe.....	<input type="checkbox"/>	<input type="checkbox"/>
Buy 75% of food locally or from UK.....	<input type="checkbox"/>	<input type="checkbox"/>
Buy all food locally or from UK.....	<input type="checkbox"/>	<input type="checkbox"/>
Eat frozen food only on special occasions/celebrations.....	<input type="checkbox"/>	<input type="checkbox"/>
Reject all frozen food except that stored from the garden/allotment.....	<input type="checkbox"/>	<input type="checkbox"/>
Reject all frozen food.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce consumption of ready meals by 25%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce consumption of ready meals by 50%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce amount of ready meals by 75%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reject all ready meals.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce amount of other processed food by 25%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce consumption of other processed food by 50%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce amount of other processed food by 75%.....	<input type="checkbox"/>	<input type="checkbox"/>
Reject all aluminium cans.....	<input type="checkbox"/>	<input type="checkbox"/>
Reduce food waste by 50%.....	<input type="checkbox"/>	<input type="checkbox"/>

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- Reduce food waste by 75%
- Compost all food waste.....
- Reduce amount of 'fast food' by 25%
- Reduce amount of 'fast food' by 50%
- Reduce amount of 'fast food' by 75%
- Reject all 'fast food'
- Grow some of my own vegetables, salads or fruit
- Fit a water meter
- Give up bottled water except on special occasions
- Give up bottled water completely.....
- Read water meter
- Reduce water use to 100 L per person per day.....
- Reduce water use to 80 L per person per day.....
- Avoid purchases from water-stressed regions of the world.....
- Install a water butt
- Food – your own actions**.....
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Consumption and waste

- Review spending
- Buy less.....
- Think (several times!) before making any purchase
- Avoid disposable items
- Shop for items that will last.....
- Avoid goods that can't be reused or recycled
- Buy second-hand items, where possible
- Support charity shops by shopping there
- Buy goods made from recycled materials.....
- Get items repaired, or repair them yourself!
- Use things till they are worn out.....
- Look for low-carbon entertainment
- Look for low-carbon sport/exercise
- Spend money on labour-intensive services and items
- Save spare cash in an ethical fund
- Invest in renewables
- Put savings aside for energy-saving projects.....
- Donate to charities alleviating the effects of climate change.....
- Explore websites and magazines that promote ethical consumption
- Donate unwanted goods to charities.....

