

Car travel (20% of total emissions)

- Bicycle and walk more
- Take the bus or train
- Share a journey
- Get a more efficient car next time you switch

Bus and rail travel (2%)

- This slice needs to grow!

Air travel (30%)

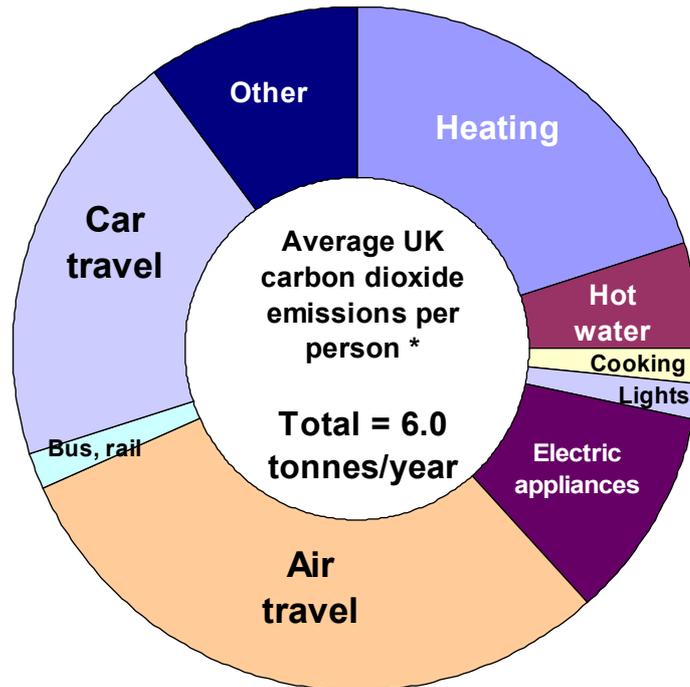
- Swap the plane for the train
- Holiday nearer to home
- Think before you fly
- Take fewer, longer trips

Other things I can do

- Read your gas and electricity meters every month and start tracking how much you use
- Eat locally produced fruit and veg
- Have one more meat-free meal each week
- Recycle more
- Repair things when they're broken – don't automatically replace them
- Start a 10:10 campaign at work
- Explore green options (solar, wind, wood stoves, heat pumps, etc.)

How much carbon dioxide do I produce?

This chart shows the average breakdown between different types of household energy use



And what can I do about it?

The suggestions in the two side panels are a good place to start. For more ideas, see the information overleaf.

** The figures come from the book "How to live a low-carbon life" by Chris Goodall (2007). They only cover 'direct' emissions – if you add 'indirect' emissions from factories, offices, construction, food production, and other activities, the total is 12.5 tonnes/year! (Figures for air travel – which are often excluded from national statistics – are adjusted to allow for the impact of water vapour and nitrous oxide emitted at high altitudes.)*

Note that everyone's consumption pattern is different. It depends on the kind of home we're living in, where we work and the lifestyle we live. The point is that nearly all of us can make substantial savings in our carbon emissions if we think about it, and take the most obvious steps.

Produced by the Steyning 10:10 Campaign. For further information, visit: www.1010steyning.org or email: 1010steyning@gmail.com

Heating (20%)

- Wear a sweater at home and turn your thermostat down a degree or two
- Insulate your loft and walls – there are lots of grants available (its free if you're over 70)

Hot Water (5%)

- Take more showers
- Only run full dishwashers & washing machines

Cooking (2%)

- Use the microwave more

Lighting (2%)

- Change to low energy bulbs
- Switch lights off when they're not needed

Electrical Appliances (10%)

- Replace that inefficient old fridge or freezer
- Wash clothes and dishes on the 30°C cycle
- Dry your clothes on the line when the weather's fine
- Turn appliances and chargers off when not in use
- Don't overfill the kettle – boil what you need
- Buy a plug-in meter to check which appliances are the guzzlers