

## AE's TOP 10 FOR THE PLANET

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### 1. ADJUST YOUR CLIMATE BY JUST ONE DEGREE

When it comes to saving energy at home, in this case less is more. And there's no need to haul out the Aran jumper all winter or sweat yourself silly the entire summer. Turn your home heating down by 1°C in cold weather and set the aircon 1°C higher during the heat. This can reduce your home energy bills by up to 15% and save our planet from over 1/3 of a tonne of CO2 emissions per year!

When you consider that in the US, Australia and UK combined, a whopping 40% chunk of greenhouse gas comes from heating and cooling, it's easy to see what a massive impact this simple action can have.

A little climate control certainly goes a long way. Visit [www.natenergy.co.uk](http://www.natenergy.co.uk) for more details.

### 2. HELP THE WORLD BY CHANGING A LIGHT BULB

What can the humble light bulb do to help keep our planet in shape? Quite a lot, actually. Using just one energy-saving light bulb at home can lower greenhouse gas emissions by up to 30%. Energy-saving light bulbs live around 12 times longer than regular bulbs. Plus, they can save you up to 75% of electricity consumption, which means cheaper power bills.

And here's the combined effect: if every household in the UK alone used just one energy-saving light bulb, we could shut down a power station. Now that would be impressive. See the light at [www.bulbs.com](http://www.bulbs.com)

### 3. STOP YOUR APPLIANCES 'STANDING BY'

You see that little red light on your TV? Even though you've switched off the box, that little red light means it's on 'stand by' and still sapping energy. Ditto for similar lights on your VCR, DVD, stereo, microwave or computer.

Switch off equipment on stand by and cut your home energy-related emissions by up to 10%. Who wants to be left on stand by anyway?

The average TV is left on stand by for 17.5 hours a day! If everyone in the UK alone switched off their TV overnight it would save more than £66 million worth of electricity each year. That's enough to floodlight 250,000 Premiership football matches!

### 4. SAY NO TO PLASTIC BAGS

Over one million plastic bags are being used every minute – how's that for a mind-blowing statistic?

Help reduce this figure by cutting plastic bags out of your life. Instead, bring your own carry bag(s) when you go shopping.

The story of the 500 billion plastic bags used worldwide each year doesn't have a happy ending. Most of these bags end up polluting the planet – sitting in landfill, blowing through the streets, clogging drains and hurting animals on land and in the sea.

So say no to plastic bags whenever you can, and you'll make the planet smile. And if you really do need a plastic bag, try to reuse one you already have.

Visit [www.bringyourown.org](http://www.bringyourown.org)

## 5. SHOP LOCAL, FOR LOCAL PRODUCERS

Many of the goods we buy are seasoned travellers. On average, every item in your local supermarket has travelled around 1,000 miles to get to its position on the shelves. And this figure pales compared to the distances clocked up by some clothing and footwear items.

Buying locally produced items reduces the amount of energy and resources used to transport goods from producer to purchaser. Check the tag or label to see how far your next purchase has come, and go for something made closer to home.

As well as buying locally produced items, buying them from nearby traders also has a positive environmental effect. Walking or riding to your local shopping strip sure beats driving to a shopping centre in another suburb, and it's better for the planet too.

Learn more about local buying at [www.localharvest.org/buyocal.jsp](http://www.localharvest.org/buyocal.jsp)

## 6. B.Y.O. CUP

Practically everyone grabs their morning caffeine hit as a take away. Plus maybe one or two more as the day drags on. Great idea, especially if it's fairly traded coffee you're drinking.

But those take away coffee cups (and plastic lids!) go directly to landfill, where they've quickly become a major presence.

Bring your own travel mug and take your coffee away in it, instead. You can buy groovy ones at camping and outdoor stores. Most come with a lid and many are insulated, meaning hot coffee for longer. Some cafes even offer a discount to customers who BYO mug. Now there's a great reason to stop for a coffee!

Learn more at [www.wastewatch.org.uk](http://www.wastewatch.org.uk)

## 7. GO PUBLIC

Drive less and enjoy a relaxing trip on public transport, even just once a week. A bus can carry the same number of people as 50 cars. Trains and trams hold even more. For every passenger mile travelled, public transport uses around half the fuel of private cars. Given that each person in the UK travels an average of 6,500 miles each year, that's a lot of fuel saving to be made.

Half of all car trips made are less than three kilometres long. Using public transport for short trips saves money, energy and keeps the earth cleaner.

See [www.publictransportation.org](http://www.publictransportation.org) for more inspiration.

## 8. WALK OR CYCLE

If you can, walking or cycling to work, school, the local store – even just once a week – will see you looking and feeling both fitter and healthier. Plus, it will give our planet a much needed break from the fumes and CO2 produced by most regular methods of travel to work.

Walking and cycling are the most environmentally friendly methods of transport around, and here's some encouragement: one recent study calculated that at least half of all car journeys made in Britain are short enough to be cycled!

At AE we are nothing if not practical, and we know that walking or cycling to work may not be possible for every worker. You may live many, many kilometres from your place of work. But perhaps you could cycle or walk even part of the way. Could you even walk to the train station instead of driving?

Find out more at [www.eta.co.uk](http://www.eta.co.uk)

## 9. SAY 'YES' TO SHORT SHOWERS

Here's a recipe for an enjoyable three minute shower: one minute to soap up, one minute to rinse off and one minute to admire yourself.

On average, showers use about half as much water as a bath. A short shower uses even less.

Cut your shower time from ten minutes to three minutes and you'll save an incredible 70,000 litres of water per year!

Learn more about looking good while using less water at [www.southeastwater.com.au](http://www.southeastwater.com.au)

## 10. PLANT SOMETHING

Plants are awesome for the environment because they take in bad stuff like carbon dioxide and pump out great stuff like oxygen. A single tree provides enough oxygen for two people for their entire lives.

Plants and trees provide essential homes and food for wildlife including birds. Plus they're beautiful.

Planting a few, or even a single tree or shrub, takes only a few minutes, but the environmental benefits are amazing.

Visit [www.planetark.org/treedayhome.cfm](http://www.planetark.org/treedayhome.cfm) or [www.arboday.org](http://www.arboday.org) for more planting inspiration.