

#### 4. Fly Less:

When it comes to getting around, road travel may be the worst offender, but coming up fast is jet travel. On average, it accounts for 6 per cent of personal annual greenhouse gas emissions - that's around two-thirds of a tonne for the average Brit. Going by boat or train rather than plane on these journeys can reduce your emissions by 75 per cent. Best of all, go electronic and try virtual conferencing to avoid that flight altogether.

#### 5 Change your driving habits - or better still, your car

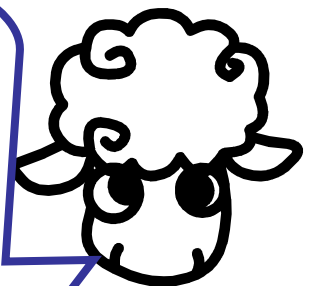
Car driving accounts for 40 per cent of the average person's greenhouse gas emissions outside work. Simply changing the way you drive can make a big difference. Cruising at 8 kilometers per hour below the speed limit, on a 10-kilometre commute to work, you will clock up a quarter-tonne saving in greenhouse emissions over a year. Add to this the virtuous habits of avoiding short and unnecessary journeys, car-sharing and keeping your vehicle properly serviced, and you could cut your car's greenhouse emissions in half. Emissions from a big four-wheel drive can reach 12 tonnes a year. Greenhouse emissions from a diesel-driven car can be up to 10 per cent lower than petrol .

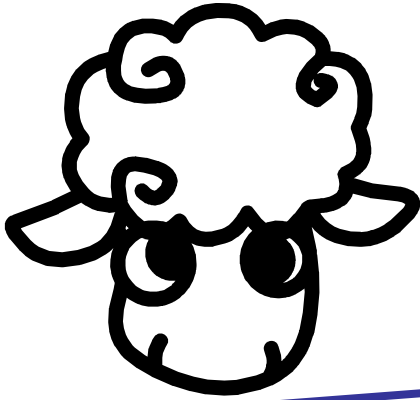
#### 6. Remember the appliance of science

Electrical appliances and lighting, together account for 2 tonnes of greenhouse gas emissions in an average UK household. Opting for the most efficient models and for low-energy light bulbs can lower emissions by up to 30 per cent. Make sure it is running as efficiently as possible: keeping your fridge coils and door seals clean, for example, can cut its greenhouse gas emissions by 200 kilograms a year. And finally, don't forget to turn off all those appliances when they are not in use.

#### 7. Avoid jet-setting food

Food is easily overlooked as a contributor to global warming. For an average family emissions from food can total over 4 tonnes a year. A 2001 study by Sustain, reported that the 26 items in a shopping basket of organic food had together traveled almost 250,000 kilometres, accounting for 80 kilograms of greenhouse gas.. By eating local produce, you can cut your food-related greenhouse gas emissions by 90 per cent. For the ultimate travel-free food option, grow your own.





# Global Climate Change

## *Can I do anything about it ..... ?*

### **1. Dress for the weather**

This is the fastest and sheepest way to cut back on your energy use. UK households emit about 6 tonnes of greenhouse gas a year each. The largest chunk of that, about 40 per cent, comes from heating and cooling. Turning down the thermostat and pulling on more clothes in winter can cut emissions from temperature control by a third. For the average house in the developed world, notching back the heating by just 1 °C, will cut a third of a tonne off annual CO<sub>2</sub> emissions.

### **2. Get out of the car...**

You've heard it before, but it bears repetition: if you can use public transport, do. On a like-for-like basis, taking the bus or train rather than your car cuts your greenhouse emissions by about 60 per cent. A commuter making a 30-kilometre round trip in a five-door hatchback, for example, will save 1.5 tonnes of greenhouse emissions a year by taking the train instead. Better still, if your journey is short, get on your bike or walk!

### **3. Get into composting**

On average each of us throws away 10 times our own body weight in rubbish every year. About 60 per cent is taken to landfill sites where it is compacted into an airless, putrid mass. This is the perfect breeding ground for stinky bacteria called methanogens that convert your organic waste into the powerful greenhouse gas, methane. For every kilogram these microbes digest, they produce around 2 kilograms of methane. If you live in an average household, you will be chucking out around 3.5 kilograms of food a day. Two-thirds of this could be composted



## 8 Learn the 3 Rs

"Reduce, reuse, recycle" should be the mantra of anyone who is serious about saving the planet. Of these three Rs, reduce is king. Where you can't reduce, reuse. If everyone in the UK used each plastic bag twice, the energy used in the manufacture of 4 billion bags could be saved every year. Recycling is the third option. It won't save the energy required to transform your recycled metal, glass or plastic into new cans, bottles, toys or whatever, but it will at least save the energy associated with producing the materials themselves.

## 9. Improve your ethics at work

The fight against global warming may begin at home but it needn't end there. Turning a light off has the same planet-saving potential at work as it does at home. Ditto choosing energy-efficient office appliances and making use of their energy-saving settings. You can save up to 2.5 kilograms of greenhouse gas for every kilogram of paper, simply by using both sides for printing and ensuring that all the discarded memos, faxes and photocopies of buttocks get recycled.

## 10. Go green at the final checkout

Death comes to us all, but the trend of defying the process of decay through airtight bronze caskets and earthquake-proof vaults means that, along with our corpses, we also bury huge amounts of concrete, steel, copper and bronze. This final testament to your conspicuous consumption can mean an extra tonne of emissions. Reject this world of silk linings and embalming fluid and instead opt for a natural burial and you can avoid the ultimate climate-warming legacy.