# **OUR NEW YEAR RESOLUTION**

# SAVE THE PLANET

What if you could save money while you were saving the planet?

Every year we get challenged to set resolutions and we go on to keep them for 365 days, hours, minutes or sometimes only seconds. Normally the resolutions are about making ourselves better, to lose weight, to exercise, to stop smoking/drinking or some other improvement.

This year why not try going bigger – saving the planet from a climate disaster. Okay, it can be hard to know how to make a difference and where to start. So we have put together this simple guide to help decide what to do.

* The average carbon footprint for people in United Kingdom is 6.50 tonnes
* The worldwide carbon footprint target to combat climate change is 2 tonnes per person

Don’t think this is a perfect scientific method – but it will help you get to something close to the 2 Tonne per person target.

The table on pages 3 and 4 takes you through the process. It should be used for the whole house if possible. The table will calculate the results for you.

First step is to fill in the pink boxes with your best estimate for the next year. It doesn’t need to be perfect, if you don’t know the number then put in your best guess. For driving the distance is the number of miles the car travels, no matter how many people are in it. For all the other types of transport the distance is the number of miles people travel.

Next do the calculations to give you an estimate of your emissions. With the cursor anywhere in the table press CTRL and A at the same time. Then press F9 and your emissions will appear in the first blue box.

Now look at each of the items and think about whether you can make changes as part of your resolution:

* Could you travel by train instead of car or bus?
* Do you actually need to travel?
* Could you eat less meat?

Now move on to the yellow boxes – fill in the new numbers you have resolved to try to meet.

With the cursor anywhere in the table press CTRL and A at the same time. Then press F9 and your emissions will appear in the second blue box.

Finally enter the number of people in the green box. With the cursor anywhere in the table press CTRL and A at the same time. Then press F9 and the final results will appear in the grey boxes and this will tell you how much you need to pay to offset your emissions to get down to the target of 2000 kg for each person.

Now think about where to offset. We have chosen a value of £20 per Tonne.

# Choosing where to offset

So what do you do to offset? It isn’t just about planting trees – there are loads of ways to offset. But why not think about climate justice – that is funding offsetting projects in areas of the world where climate change is already causing harm.

There are a number of organisations that you could look at, some of them are listed here.

Have a look at A ROCHA - <https://shop.arocha.org>

A Rocha responds to the global crisis of biodiversity loss by carrying out community-based conservation projects.

How about Amos Trust and their work in Nicaragua - <https://www.amostrust.org/climate-justice/cepad-nicaragua/>

For the next five years, Amos Trust will partner with CEPAD to empower seven communities in Nicaragua with the skills, knowledge, resources and community resilience required to change their futures, claim their rights, overcome poverty and thrive – with programmes focusing on education, training and empowering women. Nicaragua is the 4th most at risk country in the world from the effects of climate change – CEPAD is working with communities affected by climate change on a daily basis

Climate Stewards - <https://www.climatestewards.org> offers a number of projects that they verify as dealing with climate justice.

Climate Stewards believes that we are all called to be good stewards of God's earth, and that voluntary carbon offsetting is a great way to do this.

Climate Stewards UK offers a more detailed carbon emissions calculator if you want to use it - <https://www.climatestewards.org/offset/>

Another organisation that has a number of projects, some in the global south being affected by climate change is Carbon Footprint - <https://www.carbonfootprint.com/carbonoffsetprojects.html>

They provide the highest quality carbon offset projects that meet the leading international verification standards, suitable for all types of businesses and individuals.

Carbon Footprint also offers a set of fairly complicated carbon emissions calculators <https://www.carbonfootprint.com/measure.html>

# Carbon Footprint

|  |  |  |
| --- | --- | --- |
|  | **CURRENT PLAN** | **I WILL MAKE THESE CHANGES** |
| Electricity |
| What is your annual electricity bill?  | £  |  | £  |  |
| Your emissions  |  |  0 kg |  |  0 kg |
|  |
| Gas |
| What is your annual gas bill? | £  |  | £  |  |
| Your emissions |  |  0 kg |  |  0 kg |
|  |
| Driving |
| What is you planned mileage? | miles |  | miles |  |
| For a diesel/petrol car your emissions |  |  0 kg |  |  0 kg |
| OR for an electric car add 1500 to your mileage  | Eq miles |  | Eq miles |  |
|  |  |  0 kg |  |  0 kg |
|  |
| Bus travel  |
| How many miles do you plan to travel by bus this year?  | miles |  | miles |  |
| Your emissions  |  |  0 kg |  |  0 kg |
|  |
| Rail travel |
| How many miles do you plan to travel on national rail  | miles |  | miles |  |
| Your emissions  |  |  0 kg |  |  0 kg |
|  |
| How many miles do you plan to travel on international rail | miles |  | miles |  |
| Your emissions  |  |  0 kg |  |  0 kg |
|  |
| Air transport |
| How many miles do you plan to travel by air in the UK  | miles |  | miles |  |
| Your emissions  |  |  0 kg |  |  0 kg |
|  |
| How many miles do you plan to travel by air in Europe  | miles |  | miles |  |
| Your emissions  |  |  0 kg |  |  0 kg |
|  |
| How many miles do you plan to travel by air to places outside Europe  | miles |  | miles |  |
| Your emissions  |  |  0 kg |  |  0 kg |
|  |
| Ship transport |
| How many miles do you plan to travel by ship  | miles |  | miles |  |
| Your emissions  |  |  0 kg |  |  0 kg |
|  |
| Food |
| What sort of diet do you have?* Meatlover 2600 kg
* Average meat 2100 kg
* No beef 1400 kg
* Vegetarian 1400 kg
* Vegan 1000 kg
 | I am a |  | I will be a |  |
| Enter your emissions from food  |  | kg |  | kg |
|  |
| TOTALS |
| Planned emissions add the totals – add all the numbers |  |  0 kg | A |  0 kg |
|  |
| TARGETS |
| TARGET – enter the number of people | 0  | PEOPLE | B |  0 kg |
|  |  |  |
|  |  |  |
| What I need to offset | A-B |  0 kg |
|  |  |  |
| The amount you need to spend to offset |  | £ 0.00 |

# Reducing carbon-footprint at home

Just in case you are having trouble coming up with ideas on how to reduce we have put together a few ideas that you might want to think about.

## Make your house warmer

There are a number of ways you can make differences in your home that can help reduce heat loss.

* Use curtains lined with insulation curtain linings.
	+ Insulated curtain linings can be attached to existing curtains. Close curtains before sundown to retain warmth in home
* Draught excluding strips and/or a door curtain with insulated lining helps keep heat inside home.
* Check loft insulation is still the recommended depth (180 mm).
* Fit energy saving light bulbs - LEDs can save 90% of lighting energy costs
* Install thermostatic valves on your radiators
* Insulate your hot water tank
* Install cavity wall installation
* Replace your old boiler with a new energy efficient condensing boiler

## Bedroom

A covered hot water bottle used with extra wool blankets on bed is healthier than an overheated bedroom or home, it can also help you have a better night sleep.

## Lounge

Switch off sound systems, TVs and other electrical items that are only used occasionally.

* Don’t leave them in stand-by mode. Turning off just one LCD TV (rather than leaving it on standby) for 18 hours a day will save about 5kg CO2 a year

Heat yourself and not the room.

* Use wool and cotton clothing or blankets to keep warm when inactive e.g. watching tv

## Bathroom

Fit water saving showerhead and toilet flush.

* Spending 1 minute less in the shower can save 23kg CO2 a year (based on one shower a day)

## Kitchen

Only boiling the amount of water for your hot drink will save 72kg CO2 a year

A 75%+ full freezer costs less to run than a part-empty freezer.

* Frozen food can also reduce food waste.
* If you can afford it then replace your old refrigerator / freezer (if it is over 15 years old), with a new one with energy efficiency rating of "A++"

## What you are doing

Think carefully about the type of activities you do in your spare time. Do any of these cause an increase in carbon emissions? e.g. Saunas, Health clubs, restaurants and pubs, go-karting etc. etc...

## Utility room

Hanging the washing out instead of using the tumble drier will save about 153kg CO2 a year

## What you are buying

Think about where your food comes from.

* Buy local fruit and vegetables, or even try growing your own
* Buy foods that are in season locally. Don't buy fresh fruit and vegetables which are out of season, they may have been flown in. Try to only buy products made close to home (look out and avoid items that are made in the distant lands)



If I were a rich man, Ya ba dibba dibba dibba dibba dibba dibba dum.

If you have a lot of spare money think about:

* Installing solar panels
* Changing your heating system to a heat pump

But these are expensive, and you could think about offsetting instead

 

# NEW YEAR RESOLUTION

Now it is time to write down what you will do next year.

I/WE WILL

## Reduce carbon

Reduce my/our electricity use [ ]

Reduce my/our gas use [ ]

Change my/our travel options [ ]

Change my/our eating habits [ ]

## Offset

Donate £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Change the home

Make the house warmer [ ]

Heat my/our self not the room [ ]

Switch off things on standby [ ]

Reduce the temperature of bedrooms [ ]

Avoid spending too long in the shower [ ]

Only boil the water needed [ ]

Make sure the freezer is used efficiently [ ]

Buy more local food [ ]

Avoid using the tumble drier where possible [ ]

Choose leisure activities that are not that as carbon intensive [ ]

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_