

New Year’s Eco-resolutions

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| Look at your gas and electricity bills with *everyone* in your home. Compare them to those for the same period a year ago. Agree to cut at least 10% together. |
| **Action agreed :** |
| Consider buying a simple counter-top monitor so that you can see how much electricity your household is using at any time. Appliance monitors are also available – use and then share with others. |
| **Action agreed :**  |
| Change your electricity supplier to 100% renewable. Consider Bristol Energy Company, Good Energy and Green Energy UK who are known to have genuine 100% tariffs. |
| **Action agreed :**  |
| We waste a third of our heating and just one degree down on a thermostat will save approximately 8% off your bill. Have you checked your insulation, considered a smart thermostat, turned heating off in unused rooms? Heating includes hot water. Do your clothes *need* washing? Are you washing at the lowest temperature possible? Do you have a low-spray shower head? |
| **Action agreed :**  |
| In winter, *when* we consume is also important. Are you minimising your consumption in peak hours, 4 – 8pm on a winter’s night? (And turning stuff off at work before you leave?) |
| **Action agreed :**  |
| Are all your light bulbs LED? Don’t wait for them to fail to change. |
| **Action agreed :**  |
| Your fridge and freezer will probably be the highest consuming gadgets in your home. Are they set to the right temperature? Are they the right size for your needs? |
| **Action agreed :**  |
| How many miles did you drive last year? Look at your last few MOT certificates. Which journeys could you easily substitute with public transport, cycling or walking? How could you adjust your timetable to make this work? |
| **Action agreed :**  |
| Booking your holidays for the coming year? Which low-impact alternatives have you considered? Look at Clifton Climate Action website for ideas |
| **Action agreed :**  |
| Challenge yourself and your housemates to go food-waste free for a week – and then another… |
| **Action agreed :**  |
| Eat less meat and dairy.  |
| **Action agreed :**  |
| How much do you spend on food each week? Which meals could you change to include organic produce, without raising your spend? Our biodiversity crisis *and our climate emergency* mean that supporting organic is essential. At the very least, choose organic meat and dairy – this may mean eating less. Pasture for Life is the very best option. |
| **Action agreed :**  |
| Do you and your housemates know what fresh foods are in season? Check before buying. If it’s flown in, you’re effectively flying…. |
| **Action agreed :**  |
| Look at the packaging of the processed foods you eat and your beauty products. How many have palm oil? Do they say it is responsibly sourced? (Look for the logo.) |
| **Action agreed :**  |
| How many of your cleaning products are eco-friendly? Aim to buy better, and use less. Check the internet for how to substitute with vinegar and similar household products. |
| **Action agreed :**  |
| Where is your money? Is it invested in fossil fuels? The Co-op Bank doesn’t invest in fossil fuels, but doesn’t invest in renewables either. Triodos is the safest bet for current accounts and savings.  |
| **Action agreed :**  |
| Have you considered investing in community renewables? Ethex, Join Trine and Triodos all have community investment platforms, as has Bristol Energy Co-op and Bath and West Energy. This isn’t financial advice but please consider. |
| **Action agreed :**  |
| Whether you are able to move your pension or not, write to your pension company and ask where your top ten investments are held.  |
| **Action agreed :**  |
| Write to your insurance company and ask whether they are still insuring fossil fuel assets, and investing in fossil fuels.  |
| **Action agreed :**  |
| 'Stuff', and the transport and packaging of 'stuff' is the single biggest item in any individual's carbon footprint. Challenge yourself, and your housemates, to stop impulse buying. Join Freecycle, Streetbank and Gumtree and look there first for the things you need. Clothing is particularly harmful to the environment and high in greenhouse gas emissions. Review your wardrobe, check out your local charity shops and see how long you can go with only second-hand purchases. |
| **Action agreed :**  |
| Write to your MP and tell them you want to see on-shore wind given the go-ahead, a faster roll-out of EV charging points and a frequent flier tax. You want the UK to stop subsidising fossil fuels abroad, through our aid budget and credit export guarantees. |
| **Action agreed :**  |