

# Climate Change – It's a household affair!

## How can I reduce energy consumption in my home?

- Install loft insulation – 25% of heat is lost through an uninsulated loft. Installing 20 cm of loft insulation can reduce heat loss to around 5%
- Install cavity wall insulation – 33% of a home's heat is lost through uninsulated cavity walls. Insulation can reduce this to around 8%
- Replace your boiler with a highly efficient condensing boiler. These are typically 88% to 96% efficient compared to 70% in some older boilers
- Install draught proofing around windows and doors
- Consider renewable energy as an alternative



## 'Little things' also make a big difference:

Reducing your room temperature by 1°C could cut your heating bills by up to 10%. Turn down your hot water tank to 60°C (140°F). Use energy saving light bulbs: they use one fifth of the electricity and last up to 10 times longer than normal bulbs. Just one bulb could save you £100 in its lifetime!



## Planes, trains and automobiles

Using public transport, a bicycle or walking is better for the environment than driving, and can even be faster and less expensive. It can also be better for you!

If you must drive your car... Car Share! The more passengers you take with you, the more eco-friendly your journey. Also, go easy on the brakes: slow acceleration and deceleration use less fuel.

When choosing a holiday, consider taking the train. Taking a trip in the UK is a great way of supporting local tourism and taking the family on a sustainable holiday.

If you must travel by aeroplane, minimise the number of connections on your trip. More carbon emissions are created at take off and landing than any other time, so the fewer transfers you make, the better.



## What about Food?

Shopping locally and buying locally produced foods is another way to reduce the energy your household consumes.

Food bought in the UK travels 65% further than it did two decades ago, which means a product's 'food miles' are on the increase. Buying locally eliminates the costs and environmental impact of transport, processing, packaging and advertising. It also puts pressure on suppliers to put more emphasis on the environment impact of the products they sell.

Reducing your consumption of meat and dairy products can also help, by reducing energy-intensive livestock production.

## Reducing my household's energy use: Where can I get help?

- SCARF (Save Cash Reduce Fuel) provides householders, businesses and organisations with independent, free and impartial advice on sustainable use of energy. Telephone: 01224 213 005, email [info@scarf.org.uk](mailto:info@scarf.org.uk) or visit their website [scarf.org.uk](http://scarf.org.uk)
- [aberdeenshire.gov.uk/energy/home/tips.asp](http://aberdeenshire.gov.uk/energy/home/tips.asp)
- [EnergySavingSecrets.co.uk](http://EnergySavingSecrets.co.uk)
- [energysavingtrust.org.uk/scotland/Scotland/Transport/Top-Tips](http://energysavingtrust.org.uk/scotland/Scotland/Transport/Top-Tips)
- The Energy Savings Trust provides free, independent and local energy saving advice to householders. To speak a local advisor call 0800 512 012.