

	<b>UK average per person</b>	<b>Technology</b>	<b>Saving (tonnes)</b>	<b>Waste avoidance</b>	<b>Saving (tonnes)</b>	<b>Lifestyle changes</b>	<b>Saving (tonnes)</b>
<b>GAS</b>	2 tonnes	New boiler if yours is more than 10 years old	0.3	Increase loft insulation, seal doors and skirting boards, etc.	0.2	Cut temperature by 1 degree	0.2
		Double glazing	0.2	Cavity wall insulation if you can	0.3	Heat one fewer room	0.1
		Major campaign on house insulation	0.4	Better controls for boiler, hot water tank and radiators	0.2	Slow-flow showers, not baths	0.1
		Solar hot water	0.2	Buy a wood-burning stove	0.2		
<b>ELECTRICITY</b>	1 tonne	Install 2 kilowatt solar PV panels	0.4	Use LED or fluorescent lights where you have halogen today	0.1	Never use the tumble dryer	0.1
		Buy new A++ refrigerator if yours is more than 4 years old + only use small screen TV	0.1	Buy an automated system to turn off appliances when not in use + get a meter that shows actual energy use and monitor your household	0.1	Get rid of the freezer and the electric kettle (use microwave instead)	0.1
				Only use your washing machine, dishwasher when full to capacity and at lowest temperature	0.1		

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<b>CAR</b>	1.5 tonnes	Buy a new car with emissions in car tax bands A or B, scrap the old one	0.5	Go on a day's eco-driving course, fit low-resistance tyres and check air pressure every month	0.2	Sell the second car	0.7
				Don't ever use car for shopping; buy online	0.1	Share car to work	0.3
				Work from home one day a week rather than commuting by car	0.1	Join a car club or set up an effective local car-sharing scheme	0.4
<b>AIR</b>	1.2 tonnes			Restrict yourself to one short-haul return flight a year on a carrier with a fuel-efficient fleet	0.3	Never fly	1.2
<b>FOOD</b>	1.5 tonnes			Buy more carefully and never ever throw food away	0.2	Change to almost entirely vegetarian diet, using mostly unprocessed wholefoods such as grains, seeds and nuts	0.5

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<b>FOOD (continued)</b>				Grow all your own fruit and vegetables for July, August, September	0.1	Go vegan three days a week	0.5
				Never buy processed food or ready meals	0.2		
<b>CLOTHING AND TEXTILES</b>	0.8 tonnes	Focus on new fabrics made from bamboo, hemp or other cotton substitutes	0.1	Reduce purchases by a more than a quarter compared to last year, e.g. 4 new T shirts not the UK average of 7	0.2	Buy only man-made fibres	0.2
						Buy 50% secondhand clothes	0.3
<b>MANUFACTURE OF CONSUMER ELECTRONICS</b>	0.5 tonnes	Switch from a desktop to a laptop at home; recycle the desktop	0.1	Keep your electronic devices (e.g. phones, TVs, computers, DVD players, games machines) one year longer than you would have	0.2	Buy secondhand mobile phone and hand over for recycling three of your electronic devices, meaning that three replacement machines won't be made	0.3

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<b>PAPER</b>	0.3 tonnes	Buy an E-reader, such as the Sony, and use it for all your reading	0.1	Only buy magazines, books, loo paper and copier paper made from recycled materials	0.1	Read everything online or second hand	0.2
				Block direct mail, insist on electronic bills and statements, shop for secondhand books and share newspapers	0.1		
<b>WATER, SEWAGE AND WASTE DISPOSAL</b>	0.3	Install a 'grey water' recycling system	0.1	Use showers not baths. Install a flow-reducing aerator for the shower head	0.1	Soap, a basin of water, and a sponge	0.1
		Buy ultra-low water-use cisterns, new water-saving dishwasher, washing machine; ensure old ones are fully recycled	0.1	Install and carefully monitor a water meter; put bricks in all the loos to reduce water; carefully recycle all waste, compost all organic matter	0.1	Install a composting toilet	0.1

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<b>PUBLIC TRANSPORT</b>	0.3			Always use coaches instead of the train	0.1	Cycle everywhere	0.3
				Work from home two days a week instead of using public transport to work	0.1		