

OUR 10:10 FAMILY CHECKLIST. EVERYONE'S AT IT.

1 Fly less, holiday more

Swap plane for train, holiday nearer to home and take fewer but longer trips - same tanning time, dramatically less climate change emissions.

Never fly or only one return flight a year? Tick the box right now.

TICK ME WHEN DONE

2 Save 10% on heating

Turn down your thermostat, turn off radiators in hallways and more jumpers all round. Then apply for a grant to insulate your loft & walls. Use your bill to see whether you cut 10% in 2010 and tick if you succeeded.

Don't use gas or oil? Tick the box.

3 Save 10% on electricity

Save big cash by changing lightbulbs, replacing old fridges & freezers and always turning stuff off. Use your bill to compare 2009 usage to 2010.

Produce your own electricity from solar or wind? Tick box.

4 Drive less

Leave your car at home one day a week. Walk, cycle or take public transport. Join a car-club rather than owning your own and share your ride to work with a colleague or two.

No car? Tick the box.

5 Eat better

In-season fruit & veg produce the least emissions - and the less processed the better. Have one meat-free day per week - but don't replace with just-as-bad cheese.

Don't eat meat or dairy? Tick away.

6 Buy good stuff

Less stuff made = less emissions = less climate damage. So buy high-quality things that last, repair broken stuff rather than chucking, buy & sell second-hand and borrow your neighbour's mower.

Never buy new? Really?

7 Dump less

Avoid excess packaging and buying pointless stuff that goes straight in the bin, recycle everything possible and compost your scraps.

No garden or scared of worms? Forget composting.

8 Don't waste food...

The average British family throws away £50 worth of food every month. So don't buy or cook more than you need and eat up those tasty leftovers. With a smile on your face.

Never ever waste a drop or morsel? Tick away.

9 ...or water

Your tap water uses lots of energy - and then heating it in your home uses loads more - so take showers rather than baths, be careful when watering plants and only run full dishwashers & washing machines.

Don't use water? What, you're an alien?

10 Feel happier

It's Dec 2010... you're healthier for walking & cycling, you've made new friends from swapping stuff & car-pooling, you've saved a big chunk of cash... and you know that you're part of the global effort to prevent catastrophic climate change...

Tick the box?

MORE INFO

www.tameside.gov.uk/1010



Welcome to 10:10

the national effort to cut the UK's
emissions by 10% in 2010

Tameside Council is supporting the national **10:10** campaign which aims to cut carbon emissions by 10% in 2010. By participating in this initiative you are joining thousands of individuals and organisations all actively working to reduce their emissions.

Overleaf is a list of actions that the average person, family or household needs to do to cut their carbon by 10%. Tick each box as you succeed in doing each item and if there's any which don't apply (e.g. if you never fly), just go right ahead and tick that box. Once you've ticked all ten, you've done **10:10**. It's as simple as that.

Some items on the checklist - like gas and electricity usage - can be accurately measured, so please aim for a precise 10% (or more) saving on these. Your energy supplier will be able to provide you with information about how well you're doing through your bills.

Some of the other items are not so easily measured - the emissions caused by the production of food, clothes or computers, for example. But just because they can't be easily calculated, doesn't mean they can't be reduced.

For more advice on the best ways to tackle each item on the list, please visit:
www.tameside.gov.uk/1010

For specific advice on how to reduce your energy use in the home, freephone your local Energy Saving Trust help centre on:
 **0800 512 012**
or visit energysavingtrust.org.uk

