

how to live a low-carbon life

Adam Trickett

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Links and Slides

<http://www.overton-biodiversity.org/>

<http://www.iredale.net/>

<http://www.slideshare.net/>



How to Live a Low-carbon Life:

The Individual's Guide to Stopping Climate Change

by Chris Goodall.

Earthscan Publications Ltd, 8 Feb 2007, ISBN 1844074269.

Not Talking About

- ◆ Green house effect
- ◆ Global warming
- ◆ Climate change
- ◆ Peak oil

Or

- ◆ Nuclear power
- ◆ Clean coal
- ◆ Carbon capture
- ◆ Offsetting

I Am Going To Talk About

- ◆ Personal carbon footprint
- ◆ Sustainable carbon footprint
- ◆ How to get from today to tomorrow

Carbon Footprint

- ◆ Estimate of your personal carbon dioxide emissions
- ◆ Includes other green-house gasses as CO₂ equivalents
- ◆ Can be estimated many different ways

Question?

What is the
average UK carbon
footprint per
person per year?

Answer

About 12
tonnes!



What is Sustainable?

About 3
tonnes...



A Reduction Of

75% or

9 tonnes

The Worst Offenders

Source of Pollution	Today	Tomorrow
Food	2.1	0.7
Air Travel	1.8	0.0
Car Travel	1.2	0.9
Space Heating	1.2	0.9
Everything Else	6.2	0.5
Total	12.5	3.0

Typical UK per person, per annum, carbon footprint in tonnes and desired sustainable level.

Money = Power = Carbon Dioxide

£ = kWh = CO₂



GoodPlanet.org

Tactics

- ◆ Free and easy
- ◆ Cheap and cheerful
- ◆ Costly and longer term



WASTE!

5 10 20 C





Cut Out Waste

- ◆ Smart power-strips, one off, all off
- ◆ Close your curtains when it gets dark
- ◆ Wash your clothes in cool water, 30C is fine
- ◆ Compost what you can – it produces less methane than landfill
- ◆ Don't use your car when you can walk
- ◆ Set your fridge to the correct temperature



Cheap and Cheerful

- ◆ DIY
- ◆ Shouldn't cost much
- ◆ Quick pay back
- ◆ A bit of planning



Roof 25%

Windows 10%

Walls 35%

Draughts 15%

Floor 15%



Keeping Energy In

- ◆ Loft insulation
- ◆ Wall insulation
- ◆ Draught exclusion
- ◆ Pipe and tank lagging







**SAVE
IT!**

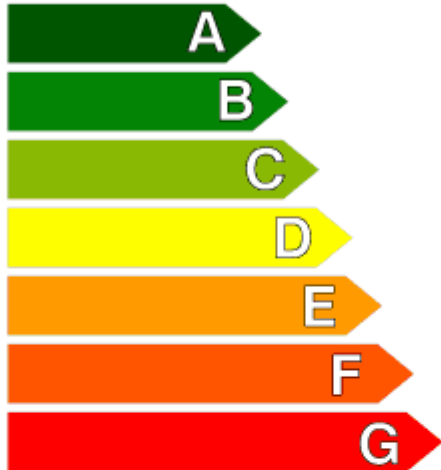
LIGHTWAY
MD 11034
8W 60mA
220-240V-50/60Hz
Nicht Dimmbar

Energy

Washing machine

Manufacturer
Model

More efficient



B

Less efficient

Energy consumption
kWh/cycle

1.75

(based on standard test results for 60°C cotton cycle)

Actual energy consumption will depend on how the appliance is used

Washing performance

A B C D E F G

A: higher G: lower

Spin drying performance

A **B** C D E F G

A: higher G: lower

Spin speed (rpm)

1400

Capacity (cotton) kg

5.0

Water consumption

5.5

Noise (dB(A) re 1 pW) Washing Spinning

5.2

7.6

Further information contained in product brochure



energytariff.co.uk





Salisbury

159001

MIND THE GAP

6

5

The Rs

- ◆ Reduce
- ◆ Rate
- ◆ Repair
- ◆ Reuse
- ◆ Recycle
- ◆ Responsible







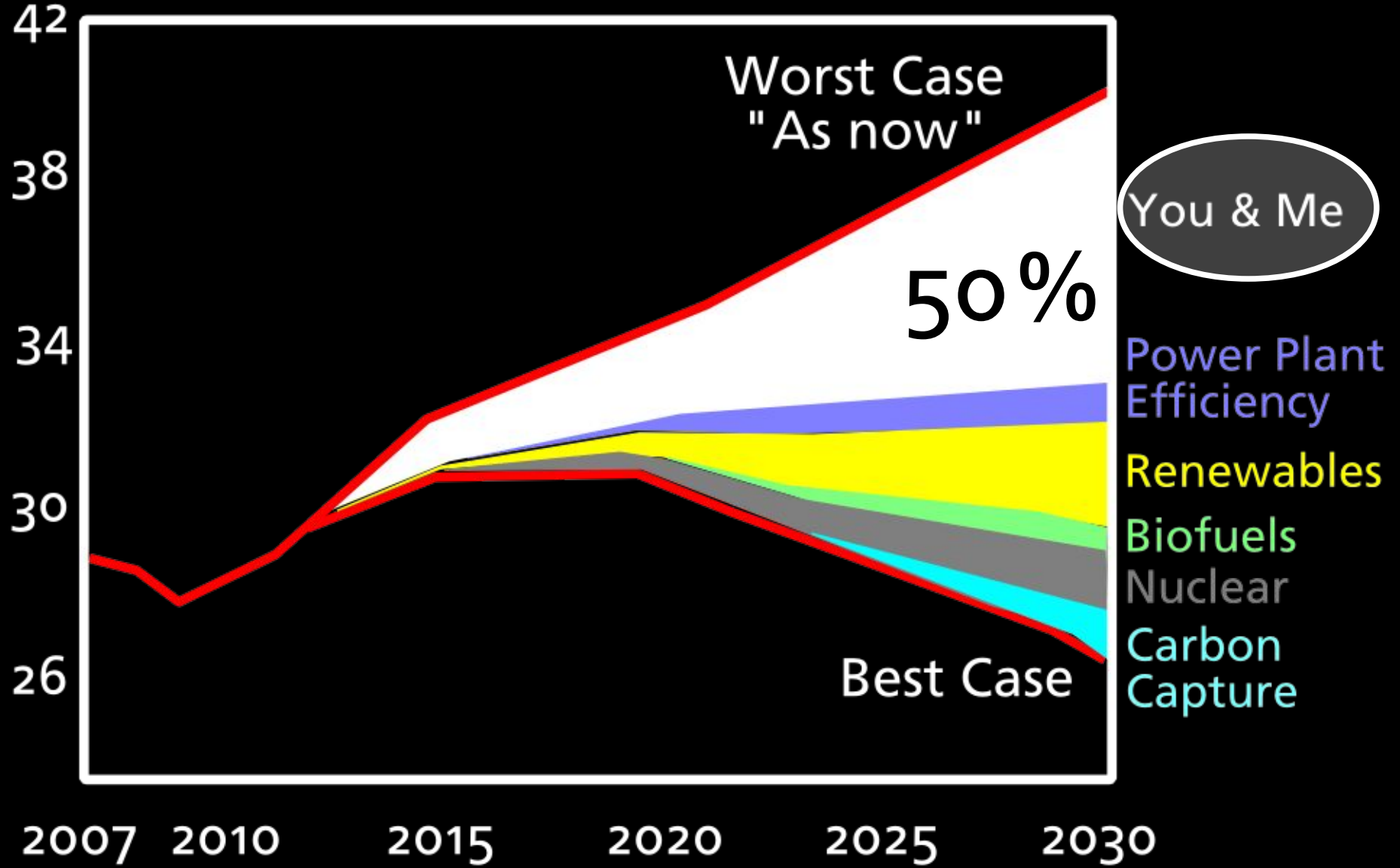


MINI
Model 1964-1966
1000 cc
1000 cc
1000 cc

B-64-61

Why?

UK Emissions (billions of tonnes CO₂)



Source: IEA

reduce

reduce

reduce

reduce



www.1010uk.org

Some 10:10 Ideas

New boiler if old one is over a decade old	0.3	Better food buying and no waste	0.2
Cavity wall insulation	0.3	No processed foods or ready meals	0.2
More loft insulation and draught proofing	0.2	Vegan three days per week	0.5
Lower thermostat by 1C	0.2	Buy 50% "pre-owned" clothes	0.3
Get rid of the second car	0.7	Buy "pre-owned" mobile phone, recycle electronic kit	0.3
Replace your car with a band A or B manual diesel	0.5	Keep electrical devices 1 year longer than normal	0.2
Learn to eco-drive	0.2	Read on-line, from the library, or second hand	0.2
Stop flying	1.2	Block junk mail, get electronic billing	0.1
Only one short haul flight per year	0.3	Cycle everywhere	0.3
Largely vegetarian diet of local unprocessed foods	0.5	Work from home (saving over train!)	0.1

Thank You

Any
Questions?

'This is the definitive guide to reducing your carbon footprint.' NEW SCIENTIST

how to live a low-carbon life

the individual's guide to stopping climate change

Chris Goodall



1.8

tonnes

0.1

tonnes



2.1

tonnes

0.1

tonnes



1.2

tonnes

0.3

tonnes



1.2

tonnes

0.1

tonnes



0.1

tonnes

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Appendix A

www.est.org.uk

www.environmentcentre.com

www.lowcarbonlife.net

www.carboncommentary.com

www.1010uk.org

www.lovefoodhatewaste.com

actonco2.direct.gov.uk

Appendix B

Source of Pollution	Today	Tomorrow
Other Indirect	4.4	-1.3
Food	2.1	0.7
Air Travel	1.8	0.0
Car Travel	1.2	0.9
Space Heating	1.2	0.9
Other Direct	0.6	0.3
Household Appliances	0.6	0.4
Water Heating	0.3	0.2
Public Transport	0.1	0.1
Home Lighting	0.1	<0.1
Gas Cooking	0.1	<0.1
Total	12.5	3.0

Appendix C

- ◆ Only boil water you intend to drink
- ◆ Only heat rooms you are in
- ◆ Turn something off you aren't using
- ◆ Shower not bath
- ◆ Only buy food you will eat
- ◆ Wash in less and cooler water
- ◆ Choose low packaged goods

1 select your appliances or just enter your postcode to begin...

select appliance details:

**Fridge /
Fridge-freezer**

AEG-Electrolux
S2642KG6

Energy Consumption:
80 kWh per yr

Freezer

Please select a brand
Please select a model

TV

Panasonic
Please select a model

2nd TV

Please select a brand
Please select a model

**Washing
Machine**

John Lewis
JLWM1203

Energy Consumption:
1.02 kWh per load @60°C

Dryer

Please select a brand
Please select a model

select your hourly usage:

Always switched on

Always switched on

1-2 hrs per day

6.5 hrs per day (National Average**)

1 cycle pw

2.84 cycles pw (National Average**)

enter your postcode:

Current usage in kWh per yr:
661 kWh per yr

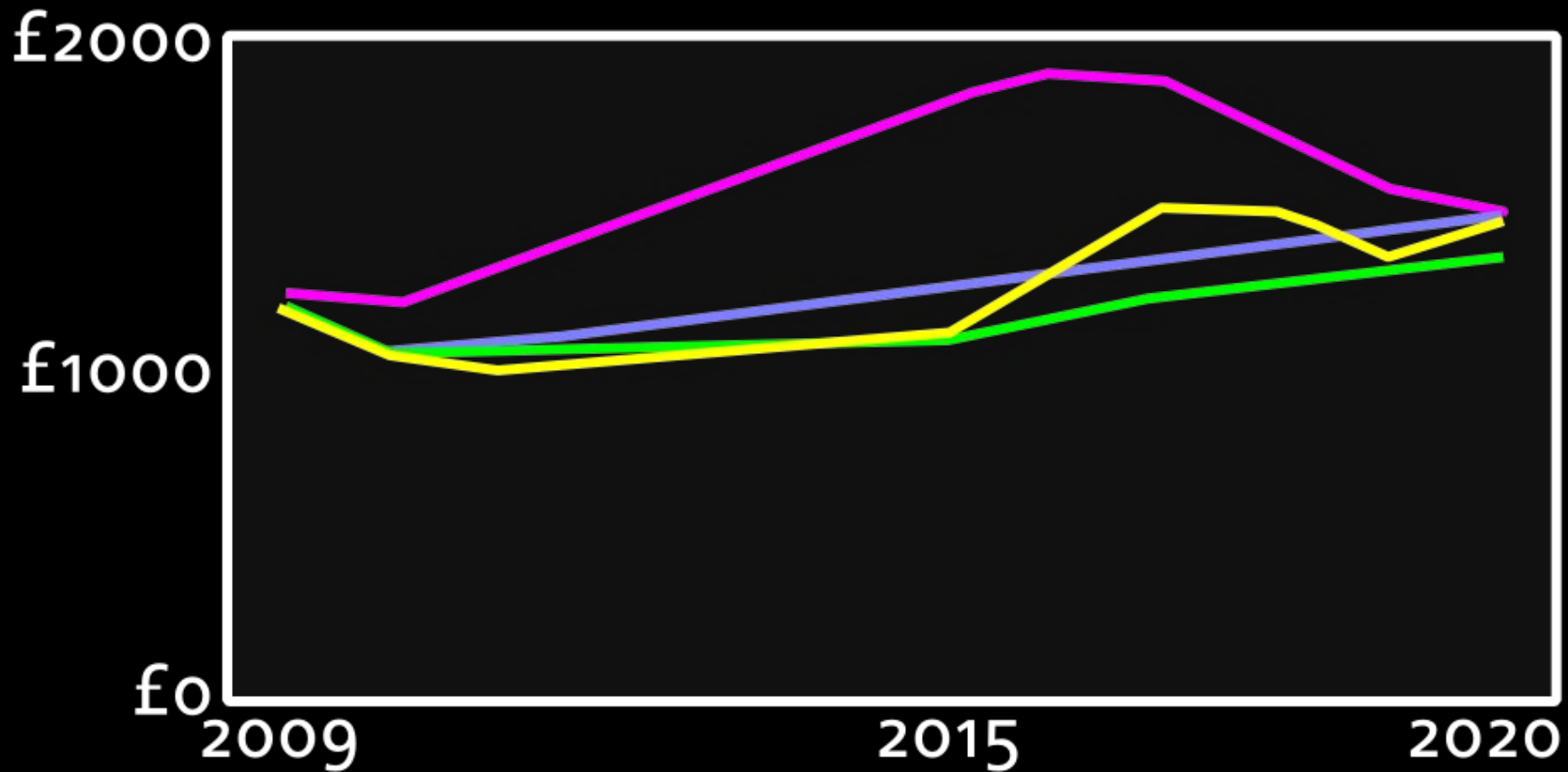
Current usage in pounds:
100.77 £ per yr

Postcode:

Surname:

continue >>

Average UK Domestic Consumer Bill



Dash For Energy

Slow Growth

Green Transition

Green Stimulus

Source: OFGEM