

**Take five minutes to complete these checklists could save you £££'s**

<b>Carbon Checklist</b>
Is your water cylinder too hot- the cylinder thermostat should be set at 55-60°C/ 131-140°F
What temperature is your room thermostat set to – the ideal temperature is 19-21°C/ 66-70°F
Are your fridge/freezer door seals working? Seals are key to keeping cold appliances insulated- damaged seals cost you money
Check your sockets- do you have chargers plugged in unnecessarily, & electrical items on standby?
Are doors closed? Don't lose heat to halls and stairwells
Do your radiators need bleeding- excess air makes them less efficient
Are your windows closed, & vents too? If not your heat will escape and cold air can come in
Are you wearing a jumper- wear warm clothing so you don't lose body heat unnecessarily
Does every person in your home know how they can reduce carbon? Make the learning fun

<b>Shopping Checklist</b>
On average people have enough food for 11 days in their freezer- try eating from the freezer one night a week
Buy natural food- fruit & vegetables- processing foods into ready meals uses carbon and energy
Buy local- local & British produce has a lower carbon footprint and is fresher
Choose items in little or no packaging- less energy was used to make it, and it reduces your waste. Choose items in recyclable containers. If tetra-paks can't be recycled where you live choose bottled liquids
Choose washing detergent that works at low temperatures- save you money and reduce carbon
Drink cold water based drinks- don't need to be boiled and better for you than sugary, fizzy drinks
Buy AA rated appliances when replacing.
Buy items with a generous use by date, you can also freeze items on the use by date
Buy eco friendly gifts