

Energy at Home

No Cost

- 1. Turn it off when not in use – lights, the TV, all appliances
- 2. Turn down the central heating slightly - try just 1 to 2 degrees C
- 3. Fill your dish washer and washing machine with a full load
- 4. Fill the kettle with only as much water as you need
- 5. Defrost your fridge/freezer regularly
- 6. Hang out the washing to dry rather than tumble drying it
- 7. Reduce heat loss- close doors and curtains

Spend to save

- 8. Fit energy saving light bulbs
- 9. Install thermostatic valves on your radiators
- 10. Fit reflective material behind radiators on outside walls
- 11. Insulate your hot water tank
- 12. Improve attic insulation
- 13. Improve wall insulation
- 14. When replacing or fitting windows buy quality double glazed ones
- 15. Purchase 'A' rated appliances whenever possible
- 16. Buy non-battery operated torches

Go the extra mile

- 17. Home Heating – consider all options if you are installing a new home heating system
- 18. Build a green home if you are building

Transport

No Cost

- 19. Walk or cycle when you can
- 20. Minimise unnecessary car trips
- 21. Car share to work, or for the kids school run
- 22. Read SEI motoring tips and improve the fuel efficiency of your car
- 23. Go for a walk/ run rather than drive to the gym
- 24. Holiday at home

Change how you travel

- 25. Use your bike – buy a bike if you don't have one
- 26. Use the bus or a train rather than your car
- 27. Don't use domestic flights use a train or a coach.
- 28. Take the ferry instead of flying

Go the extra mile

- 29. Think green when replacing your car
- 30. If you are moving home make cutting transport one of the criteria for choosing your new home
- 31. Take less business trips

Shopping

No Cost

- 32. Do your weekly shopping in a single trip
- 33. Always bring your reusable shopping bags
- 34. Try to buy products made closer to home – that is from Kinsale, then Cork, next Ireland and Europe
- 35. Buy local fruit and vegetables
- 36. Don't buy over packaged products, ensure it is recyclable
- 37. Don't buy bottled water unless necessary and then from a local source. Buy a durable water bottle
- 38. Avoid using disposal products

The Four R's

- 39. Reduce your waste – see no 37, buy quality products
- 40. Reuse it if you can or Free cycle – see TTK Freecycle notice board
- 41. Repair something instead of replacing it
- 42. Recycle as much as possible

Go the extra mile

- 43. Grow your own food – a few containers of herbs to start

Use water wisely

- 44. Take a shower instead of a bath
- 45. Place a filled plastic liter bottle into the cistern of your toilet
- 46. Repair dripping taps
- 47. Buy a water butt and collect water for the garden

Lastly

- Avoid unnecessary electricity use between 5pm and 7pm - help reduce national CO2 emissions. e.g. don't put on the washing machine or dishwasher until after 7pm!
- Think about the type of activities you do in your spare time.
- In addition don't forget your footprint at work



Transition Town Kinsale
Working today for a sustainable tomorrow

Did you know?

- A television in standby mode can use up to as much as half the electricity as when it is switched on.
- If all Europeans boiled just the water they needed, thus avoiding 1 litre of unnecessarily boiled water per day, the energy saved could power one third of Europe's streetlights.
 - 180mm thick attic insulation can stop about 25% of your home's heat escaping through the roof.
 - If you use the train instead of the car you can divide your carbon emission by 10
- For every aluminum can collected and recycled enough energy is saved to run your television for three hours!