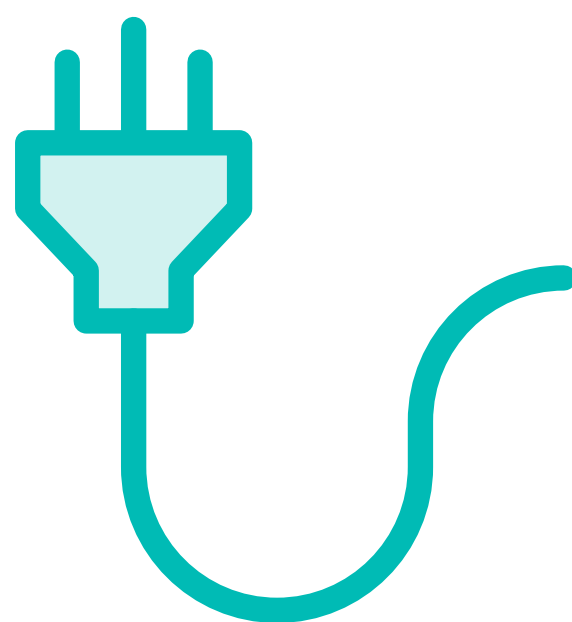




Educate yourself. Use WWF's carbon footprint calculator or United Nations personal footprint calculator to know your current household emissions and identify areas to improve



Unplug electronic devices when not in use, they still draw from the power grid. This includes your internet router at night! Don't leave devices charging longer than necessary



Look for a renewable energy provider when you next switch. Consider the Government's Green Power scheme



Decrease the brightness of your computer monitor. This can save up to 20% of the energy used



Position your workstation to make the most of natural light



Turn down your thermostat — a 1 degree reduction can lead to around £80 on your energy bill



Limit the hours your heating is on. Layer up with jumpers and blankets. Slippers and a hot water bottle are ideal. If you are based in a single room most of the day use a single electric heater rather than heating the entire house



Don't overfill your kettle beyond your current needs



Plan meals to reduce food waste and cooking time



Walk or cycle to your local shops. Limit longer shopping trips by car to only when necessary