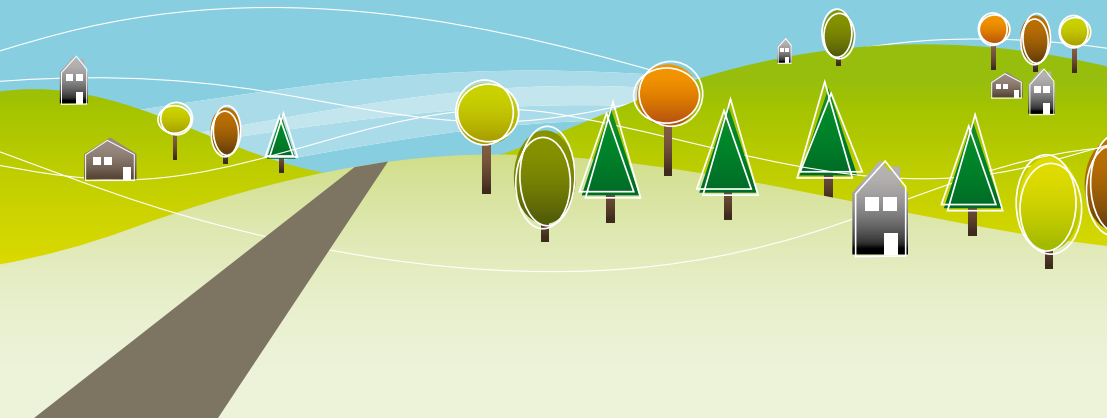


Living for tomorrow

Getting Started

Simple steps towards a sustainable lifestyle.



Calculate your carbon footprint today!

Your carbon footprint is a measure of how many tonnes of greenhouse gas are released each year as a result of your activities.

Calculating your carbon footprint will enable you manage and reduce it; helping you to cut your carbon use, save money and live a healthier lifestyle.

Estimate your carbon footprint:

Use the exercise below to estimate your carbon footprint. This will provide you with a rough estimate only; there are online carbon calculators which will help you get a more detailed analysis.


Step 1: Home Energy

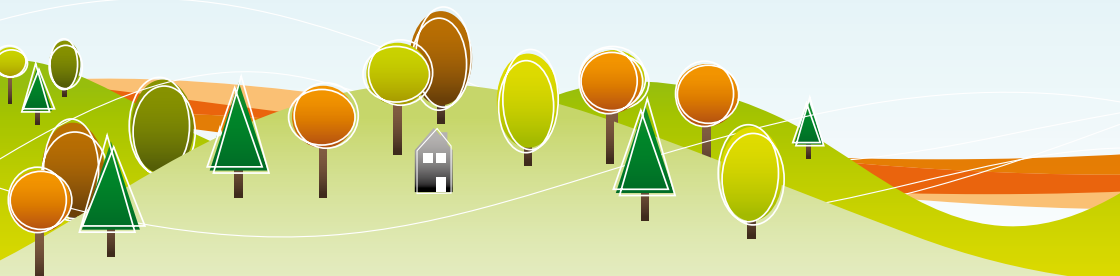
The electricity and gas used at home makes up most of your carbon footprint.

Home size	Tonnes of carbon per year
Small (e.g. one bedroom)	6
Medium (e.g. three bedrooms)	10
Large (e.g. four or more bedrooms)	16
Choose your home size and write down the number of tonnes here.	

Step 2: Road Travel

Petrol and diesel used by vehicles is a big contributor to the average carbon footprint.

	Tonnes of carbon per year for each car type		
Distance travelled per year	Small	Medium	Large
Low (3,000 miles)	1	1.5	2
Medium (10,000 miles)	3	4	5
High (16,000 miles)	5	6.5	8
Add up the total for all vehicles in your household.			



Step 3: Waste

Methane produced by waste in landfills is 21 times stronger than carbon dioxide as a greenhouse gas!

Waste volume per year	Tonnes of carbon per year (average home)
Low (we recycle everything we can)	0.5
Average (we recycle paper, plastic and tin cans)	1.5
High (we don't recycle anything)	2.5
Write down the total for waste produced in your household.	

Step 4: Air Travel

	Where do you go?	
	Europe	Australia
1 return flight	0.5	8
Add up the total for all flights for the year.		

Step 5: Calculate your carbon footprint

Add your totals for Steps 1, 2, 3 and 4.	
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This number is an estimate of your carbon footprint.

The average person in the UK has an annual carbon footprint of about 12 and a half tonnes. To reach the Government's 80% by 2050 target we will all need to use only 2 and a half tonnes of carbon each year. But if we want to have globally fair reductions we need to get to 1 tonne per person.

You can begin reducing your emissions today by using the pledge overleaf and get started with simple steps to a sustainable lifestyle.



My Pledge

This pledge contains positive actions that you can take in a minute, a day and a month. Simply pick the actions that you want to take from the list below, tick them off and work towards them. **Easy!** You can stick this pledge up somewhere to remind you of your goals and begin your sustainable lifestyle today.

Take a minute...

- Use re-usable bags for my shopping
- Switch off unused lights and appliances - and try not to leave things on standby
- Get water wise, e.g. I won't leave taps running, fully load the washing machine and dishwasher, and take a shower instead of a bath

Take a day...

- Fit energy saving light bulbs in my home
- Start recycling more of my household waste
- Grow my own fruit and vegetables
- Use my car less and start walking or cycling short journeys

Take a month...

- Switch to a green energy supplier
- Help out my local community by joining a local volunteering or community group
- Make sure my loft and cavity walls are properly insulated - saving money on fuel bills over the cold winter months

For more tips on living sustainably visit the Green Directory at www.worcestershire.gov.uk/greendirectory



This document can be made available in alternative formats (large print, audio tape, computer disk and Braille) on request from the Sustainability Team on telephone number 01905 822029 or by emailing sustainability@worcestershire.gov.uk

Printed on recycled paper. Please recycle this leaflet after use

Find out more online:
www.worcestershire.gov.uk/greendirectory