Carbon Charter - Environmental Review Checklist for the Home

Action	Detail	Take action (or N/A)	When will I aim to do it?	Underway	Completed
Calculate your own Carbon Footprint	Knowing your carbon footprint is a vital first step to help you identify your environmental impact, and the big opportunities for reducing it. Visit www.greensuffolk.org/at-home/carbon-footprint to use the free online carbon calculator tool	☐		☐	☐
Be energy efficient	Be an energy detective – think about where energy is being wasted in your home and how this can be reduced	☐		☐	☐
	Adjust your thermostat (turning down your heating by 1°C can save up to 3% on heating bills)	☐		☐	☐
	Make sure you know how to properly use your heating controls or install 'smart' controls	☐		☐	☐
	Cut electricity bills by choosing low energy appliances (look for A+++ ratings) and LED light bulbs	☐		☐	☐
	Turn off lights and don't leave appliances on standby	☐		☐	☐
	Make sure clothes are washed in a full load, at 30°C and air dry	☐		☐	☐
Ensure your home is well-insulated	Be a draught detective – find out where heat is escaping around your home. Wherever you can feel cold air coming in, hot air can also leak out	☐		☐	☐
	Consider loft and/or cavity wall insulation, double or secondary glazing and draught proofing – or even thick curtains! Save money and make your home more comfortable to live in www.greensuffolk.org/at-home/energy/ and energysavingtrust.org.uk/home-energy-efficiency	☐		☐	☐

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Consider renewable energy	Find out about the different ways of generating renewable energy energysavingtrust.org.uk/renewable-energy	☐		☐	☐
	Switch to a renewable energy tariff supplying and investing in low carbon electricity and/or gas. energysavingtrust.org.uk/home-energy-efficiency/switching-utilities/buying-green-electricity	☐		☐	☐
	Consider installing solar PV to generate your own electricity www.solartogether.co.uk/suffolk/home and energysavingtrust.org.uk/renewable-energy	☐		☐	☐
	Funding is also available for solar thermal water heating; air source or ground source heat pumps; and biomass boilers www.ofgem.gov.uk/environmental-programmes/domestic-rhi	☐		☐	☐
Save water (and energy)	Use a bowl to wash up, rather than a running tap	☐		☐	☐
	Take a shower instead of a bath and reduce water use by installing a water efficient shower head	☐		☐	☐
	Get a water butt for the garden and use rainwater to water container plants	☐		☐	☐

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Travel responsibly	Reduce single occupancy car journeys by home working, teleconferencing, or car sharing: www.suffolkcarshare.com or www.greensuffolk.org/travel/	☐		☐	☐
	Cycle or walk locally; for longer distances, use public transport if possible	☐		☐	☐
	Consider an electric or hybrid vehicle. Grants are available for electric cars, vans and motorbikes www.gov.uk/plug-in-car-van-grants and for installing EV chargers	☐		☐	☐
	Reconsider and reduce your air travel	☐		☐	☐
Consume less/waste less	Reduce, reuse and recycle so you produce less waste	☐		☐	☐
	Refill bottles and avoid plastic packaging where possible	☐		☐	☐
	Get your kerbside recycling right: suffolkrecycling.org.uk/my-bins/what-can-i-put-in-my-recycling-bin-at-home	☐		☐	☐
	Find out what can be recycled and where: www.suffolkrecycling.org.uk/a-z-of-recycling	☐		☐	☐
	Compost at home. Discounted compost bins are available at: www.suffolkrecycling.org.uk/reduce-your-waste/home-composting. Or make your own compost bin or wormery verticalveg.org.uk/how-to-make-your-own-wormery/ You can get involved with some citizen science at The Big Compost Experiment and see how fast compostable materials take to decompose	☐		☐	☐
	Plan your meals and reduce waste: www.foodsavvy.org.uk and www.lovefoodhatewaste.com/	☐		☐	☐

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Support wildlife and biodiversity	Plant species which encourage insects, particularly bees, and other wildlife to your garden and plant trees (where appropriate) to absorb carbon dioxide	☐		☐	☐
	Create other wildlife habitats in your garden using insect hotels, bird boxes, ponds or by allowing organic material to decompose	☐		☐	☐
	Consider what you buy for the garden. Look for FSC certified and peat free	☐		☐	☐
Engage with your natural environment	Grow your own food. Try planting some cress seeds on some kitchen roll; some salad or herbs in a tray of seed compost; or some potatoes in a container outside	☐		☐	☐
	Take some exercise outside – get fresh air and listen out for birdsong and nature's other 'soundtracks'	☐		☐	☐
	Use an app on your smart phone (such as the Wildlife Trusts' Habitats and Species Explorer or iRecord) to help you identify the wildlife around you	☐		☐	☐
	Use your phone to capture photographs of the wildlife in your area and even enter a photography competition www.wildlifetrusts.org/other-ways-get-involved/wildlifephotography	☐		☐	☐
	Settle down with an 'eco read'. Try *Animal, Vegetable, Miracle* by Barbara Kingsolver; *Drawdown* by Paul Hawken or *The Last Wild* by Piers Torday	☐		☐	☐
	Visit www.rspb.org.uk or www.suffolkwildlifetrust.org/ or www.groundwork.org.uk/65-things-to-do-outside/ for more ideas of how you can engage with your environment while you are staying at home	☐		☐	☐