The Clear Top Ten

If I'm going to reduce my carbon footprint, **where do I start**?
What will make the **most difference**?

Clear's Top Ten gives you the heads up.

1   Insulate your home (1,060kg each year)

By insulating your loft and walls, you need less energy to heat your home. It will pay for itself over time, for example cavity wall insulation has a typical payback in less than two years, loft insulation in around one year and fitting a hot water cylinder jacket will payback in around six months.

2   Buy a more efficient car (900kg each year)

When you next change your car consider a more environmentally friendly vehicle. The difference between a 30mpg car and a 40mpg car is almost a tonne of carbon emissions every year or, put another way, an extra £400!

3   Avoid unnecessary journeys (20% reduction = 500kg each year)

Do you really need the car every time? Could you walk or take public transport and still get there in time? Keep the car for the trips you really need it for.

4   Think about food miles (300kg each year)

A staggering 95% of the fruit and half of the vegetables in the UK are imported. To give an idea of how far food travels, a typical basket of 26 imported organic foods may have travelled a distance of six times around the equator. Buying in season and locally can massively reduce the 300kg per person per year generated by food miles.

5   Double Glazing (290kg each year)

Fitting double glazing not only saves energy, but also cuts out noise. It will cost money to install, but can save you £80-£100 each year.

6   Replace your light bulbs (10 bulbs = 260 kg each year)

You can also replace your normal light bulbs with energy saving ones. They produce the same amount of light, but last much longer and pay back their cost in less than a year.

7   Switch off lights (2 100W bulbs is 240kg each year)

Switch off lights. It seems pretty obvious, but turning off lights that you're not using is an important step. Each 100W bulb left on overnight is responsible for another 120kg of CO2 per year.

8   Take the train (Eurostar to Paris instead of flying = 220kg each year)

Take the train when you can. The average Briton creates 0.68 tonnes of carbon through flights every year. A good example is taking the Snowtrain instead of flying to go skiing. Not only do you create much less carbon but you can get two extra days skiing!

9   Turn your thermostat down by 1oC (128kg each year)

Turning your thermostat down by just 1 degree C could cut your heating bills by 10% and save you £40 per year.

10   Don't use standby (64kg each year)

Don't leave your appliances on standby. Turning them off properly can save not only money but a lot of carbon too.

If you can manage all ten, you'll save four tonnes of CO2 per year.
The next step is to discover your own carbon footprint at http://www.clear-offset.com