OUR 10:10 FAMILY CHECKLIST. EVERYONE'S AT IT.

1 Fly less, holiday more

Swap plane for coach or bike, holiday nearer to home. Fewer airline trips means dramatically less climate- changing gas emissions.

Never fly or at most one NZ return flight a year? Tick the box right now.

TICK ME WHEN DONE

2 Save 10% on heating fuel

If using a water-heating boiler, turn down your radiator thermostats, add jumpers all round. Invest in insulation for ceiling & walls. Use your fuel bill to see whether you use 10% less gas/oil in 2010 for heating and tick if you succeed.

Don't use gas or oil? Tick the box.

3 Save 10% on electricity

Save cash by changing to CFL lightbulbs, replacing old fridge/freezer and always turning stuff off. Use your bill to compare 2009 usage to 2010.

Produce your own electricity from solar or wind? Tick box.

4 Drive less

Leave your car at home one day a week more than in 2009. Walk or cycle instead for 20% saving or for 10% take public transport or share your car commute.

No car? Tick the box.

5 Eat better

In-season fruit & veg produce the least emissions - and the less processed food the better. Have one meat and dairy free day per week.

Don't eat meat or dairy? Tick away.

6 Buy good stuff

Less stuff to make = less emissions = less climate damage. So buy high-quality things that last, repair broken stuff rather than chucking, buy & sell second-hand and share your tools and mower.

Never buy new? Really?

7 Dump less

Avoid excess packaging and buying pointless stuff that goes straight in the bin, recycle everything possible and compost your scraps.

No garden? Forget composting unless the Council does it for you.

8 Don't waste food...

The average NZ family throws away valuable food every week. So don't buy or cook more than you need and eat up those tasty leftovers. With a smile on your face.

Never ever wasted a drop or morsel? Tick away.

9 ...or water

Getting you tap water uses lots of energy - and then heating it in your home uses loads more - so take showers rather than baths, be frugal when watering lawns or cars and only run full washing machines.

Don't use water? What, you're an alien?

10 Feel happier

It's Dec 2010... you're healthier for walking & cycling, you've made new friends from swapping stuff & car-pooling, you've saved a big chunk of cash... and you know that you're part of the global effort to prevent castastrophic climate change...

Tick the box?

MORE INFO

1010global.org

10:10

PLEASE STICK ME ON YOUR FRIDGE

Welcome to 10:10NZ - the Aotearoa (and international) effort to cut our carbon emissions by 10% a year.

Thank you for signing up to **10:10**. By committing to cut your emissions by 10% over a year, you are joining thousands of individuals and organisations all actively helping stop climate change by making simple changes to their lifestyles, homes and businesses. More importantly, your voice is now part of the national demand that the NZ Government acts quickly to cut our country's emissions as a whole. If we in NZ can prove that fast, deep cuts can be made at a national level, then we may just inspire all the other big polluting countries to follow suit. This is pretty much the only hope we have left, of preventing a climate catastrophe.

Overleaf is a list of actions that the average person, family or household needs to do to cut their carbon by 10%. Tick each box as you succeed in doing each item and if there's any which don't apply (e.g. if you never fly), just go right ahead and tick that box. Once you've ticked all ten, you've done **10:10**. It's as simple as that.

Some items on the checklist - like gas and electricity usage - can be accurately measured using meters and bills, so please aim for a 10% minimum saving on these, comparing months of 2009 with 2010.

Some of the other items are not so easily measured - the emissions caused by the production of food, clothes or computers, for example. But just because they can't easily be calculated doesn't mean they can't be reduced. This checklist contains some key tips and **10:10** will be providing lots more guidance and support via our website, Facebook, mailing list and through the media.

Everyone who successfully completes **10:10** should be healthier, happier and perhaps richer by the end of 2010 (& if you save money a great way to invest it is on insulation). We'll also have the much bigger satisfaction of knowing that we have collectively taken some action to prevent runaway climate change.

Onwards and upwards,

Team 10:10
hello@1010global.org

For more advice on the best ways to tackle each item on the list, please visit the information sites linked from our webpage.

For specific advice on how to reduce energy use and costs at home, freephone Home Energy Advice Centres (in Auckland, Wellington and Christchurch) on the number below. Open 10am to 4pm.

0800 388 588

See also **www.energywise.govt.nz**

In addition to using this checklist, you can calculate your carbon emissions at www.projectlitefoot.org or at www.carbonzero.co.nz/calculators

10:10 will only work if everyone's on board, so please encourage your business, school, doctor, MP, football team and granny to sign up too.

There are separate checklists for **business**, **schools** and other **organisations** etc

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I've been recycled before, so recycle me again in 2011.