

MY 10:10 CHECKLIST. EVERYONE'S AT IT.

1 Fly less, holiday more

Swap plane for train, holiday nearer to home and take fewer but longer trips - same tanning time, dramatically less climate change emissions.

Never fly or only one return flight a year?
Tick the box right now.

TICK ME WHEN DONE

2 Save 10% on heating

Turn down your thermostat, turn off radiators in hallways and more jumpers all round. Then apply for a grant to insulate your loft & walls. Use your bill to see whether you cut 10% in 2010 and tick if you succeeded.

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

3 Save 10% on electricity

Save big cash by changing lightbulbs, replacing old fridges & freezers 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. Walk, cycle or take public transport. Join a car-club rather than owning your own and share your ride to work with a colleague or two.

No car? Tick the box.

5 Eat better

In-season fruit & veg produce the least emissions - and the less processed the better. Have one meat-free day per week - but don't replace with just-as-bad cheese.

Don't eat meat or dairy?
Tick away.

6 Buy good stuff

Less stuff made = less emissions = less climate damage. So buy high-quality things that last, repair broken stuff rather than chucking, buy & sell second-hand and borrow your neighbour's 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 or scared of worms? Forget composting.

8 Don't waste food...

The average British family throws away £50 worth of food every month. So don't buy or cook more than you need and eat up those tasty leftovers. With a smile on your face.

Never ever waste a drop or morsel? Tick away.

9 ...or water

Your tap water uses lots of energy - and heating it in your home uses loads more - so take showers rather than baths, be careful when watering plants and only run full dishwashers & 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 catastrophic climate change...

Tick the box?

MORE INFO

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PLEASE STICK ME ON YOUR FRIDGE

Thanks for joining 10:10 - the national effort to cut 10% of our carbon in 2010.

Welcome to 10:10. By committing to cut your emissions by 10% in 2010, you're joining tens of thousands of individuals and organisations all bringing down bills and conquering climate change by making easy savings at home and at work. Not a bad start.

But it doesn't end there. Your commitment shows our political leaders what leading really means, and piles the pressure on them to bring down emissions for the whole country. If we in the UK show the world that we can get our carbon under control at a national level, we may just inspire all the other big polluting countries to follow suit - our best bet for keeping climate change in check.

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 (eg 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, so you can aim for a precise 10% (or more) saving on these. Your energy supplier will be able to provide you with information about how well you're doing through your bills.

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, Twitter, mailing list and through the media.

Everyone who successfully completes 10:10 should be healthier, happier and richer by the end of 2010. We'll also have the much bigger satisfaction of knowing that we have collectively taken the first step towards a cleaner, safer future.

Onwards and upwards,

Team 10:10
hello@1010uk.org

For more advice on the best ways to tackle each item on the list, please visit:

1010uk.org/people



For specific advice on how to reduce your energy use in the home, freephone your local **Energy Saving Trust** help centre on:

0800 512 012
or visit energysavingtrust.org.uk



Rather than using this checklist, you may prefer to calculate your emissions precisely by using one of the readily available carbon calculators on the internet.

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



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



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