

# OUR 10:10 FAMILY 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 then 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

1010uk.org





# PLEASE STICK ME ON YOUR FRIDGE

Welcome to **10:10** - the national effort to cut the UK's emissions by 10% in 2010.

Thank you for signing up to **10:10**. By committing to cut your emissions by 10% in 2010, 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 UK Government acts quickly to cut our country's emissions as a whole. If we in the UK 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. Which 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 (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 please 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 done everything we can to prevent runaway climate change.

Onwards and upwards,

**Team 10:10**  
[hello@1010uk.org](mailto: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](http://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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