

How Can I Reduce my Carbon Footprint?

Beginner:

- 1 Take shorter showers – showers account for two thirds of all water heating costs.
- 2 Fill your dish washer and washing machine with a full load.
- 3 Unplug your mobile phone as soon as it has finished charging.
- 4 Turn down your central heating by one or two degrees. If you are chilly put on a jumper.
- 5 Turn off all appliances which are not in use – lights, TV, computer, etc.

Intermediate: (these will pay for themselves over time through saving on energy bills)

- 1 Fit energy saving light bulbs.
- 2 Install thermostatic valves on your radiators.
- 3 Insulate your hot water tank, loft and walls.

Advanced:

- 1 Check regularly that the tyres on your car are properly inflated.
- 2 Car share – to work or on the children's school run.
- 3 Use public transport in place of a car.
- 4 Try to avoid domestic flights, take a train or coach.
- 5 Next time you replace your car, check out greener options.

What can my parish do to reduce its carbon footprint?

- 1 Celebrate Creation Time: September 1 to the Sunday following the Feast of St Francis.
- 2 Include Creation Time themes in homilies, prayers of the faithful and reconciliation services.
- 3 Use 6 hour recyclable candles.
- 4 Have an environmental group in the parish with links to other groups, for example, liturgy group.
- 5 Monitor and improve energy use having first done an energy audit.
- 6 Develop an environmental policy.
- 7 Set targets for reduced waste generation.
- 8 Include the theme in the parish bulletin.
- 9 Co-operate with statutory, voluntary and community bodies in an attempt to reduce the negative impact on the environment.
- 10 Don't use disposable plastic cups at parish functions.
- 11 Use eco-friendly cleaning materials.
- 12 Join Eco-Congregation Ireland.
- 13 Arrange parish outings to places of beauty.

Other suggestions – for individual:

- 1 Reduce, reuse, recycle. Where facilities are not adequate demand better.

- 2 If you have a garden start composting.
- 3 Where possible dry clothes outside.
- 4 Rechargeable batteries are easier on the pocket and kinder on the environment.
- 5 Save and cherish water.
- 6 Use charity shops.
- 7 Turn hot water thermostat down to 45-50 degrees and have it on a timer.
- 8 Use LOAF principles for food: **L**ocally produced, **O**rganically grown, **A**nimal friendly and **F**airly traded where possible. Try to buy Irish food and use local shops. Buy free range eggs.
- 9 When buying wood products, check wood is from a legal and sustainable source.
- 10 When purchasing electrical goods choose the more eco-friendly ones – that is A-rated.
- 11 Try to avoid all plastics, the majority of which are non bi-degradable.
- 12 Use both sides of the page and use paper scraps for notes.
- 13 Buy recycled paper.
- 14 Dispose of litter carefully.
- 15 Don't overfill your kettle – only boil as much water as you need.