

What in the world can YOU do about climate change?

ACTION CHECKLIST & TALLY SHEET



Try and identify at least 2 things from the list of actions that you can personally commit to doing within the next few months and then calculate your potential greenhouse savings in tonnes per year.

Note: The average household creates 14 tonnes per year and the average Australian's lifestyle creates around 27 tonnes per year.

Possible Action	Estimated Greenhouse Savings (in tonnes per year) from this action:	YES I feel confident that I will implement this action in the next few months	Calculate your potential Greenhouse Savings (Count savings only from those actions that you will implement)
NEUTRALISE MY ECO-FOOTPRINT...GO CARBON NEUTRAL			
Go carbon neutral	27 tonnes (average Australian)	Y / N	___ tonnes
REDUCE MY HOUSEHOLD ELECTRICITY CONSUMPTION			
Install a 3-star water efficient shower head	2 ½ tonnes	Y / N	___ tonnes
Set my washing machine to wash clothes in cold water	1 tonne	Y / N	___ tonnes
Line dry my washing	½ a tonne	Y / N	___ tonnes
Switch off standby power	1 ½ tonnes	Y / N	___ tonnes
Turn off computers (processors and screens) overnight	½ a tonne	Y / N	___ tonnes
Adjust the thermostat on your air-conditioner	Roughly 1/2 a tonne per degree	Y / N	___ tonnes
Use fans for cooling in the tropics (instead of air-conditioners)	0 – 15 tonnes, depends on air-conditioner use avoided	Y / N	___ tonnes
Reduce the electricity used by your fridges and freezers	to 1 ½ tonnes	Y / N	___ tonnes
Use passive design techniques to reduce reliance on air-conditioning and create a cool and comfortable home in the tropics	up to 15 tonnes	Y / N	___ tonnes
Change to energy efficient lighting	½ tonne a year	Y / N	___ tonnes
Look for the stars....Choose energy efficient appliances	(it depends) from a ¼ tonne up	Y / N	___ tonnes
MONITOR YOUR HOUSEHOLD ELECTRICITY USE			
Install a Clipsal cent-a-meter to monitor household electricity use	1 to 3 tonnes	Y / N	___ tonnes
REDUCE EMISSIONS CAUSED BY YOUR TRANSPORTATION			
Leave the car at home - carpool, cycle or walk 20Km each week instead of driving	from 1/2 a tonne per year per 1000km of vehicle use avoided	Y / N	___ tonnes
Drive an energy efficient car or reduce the number of cars in your household	two to 3 and a ½ tonnes	Y / N	___ tonnes
Take fewer air flights this year	1 tonne per return flight (domestic)	Y / N	___ tonnes
REDUCE YOUR CONSUMPTION			
Eat less red meat	1/3 of a tonne	Y / N	___ tonnes
Eat less dairy food	1/4 of a tonne	Y / N	___ tonnes
Waste less food	1/3 of a tonne	Y / N	___ tonnes
Buy fewer new clothes	variable	Y / N	___ tonnes
Spend less each month on goods (other than food and clothing)	Potentially significant especially for higher income earners	Y / N	___ tonnes
SUPPORT THE USE OF RENEWABLE FORMS OF ENERGY FOR YOUR HOME			
Install a solar hot water heater, heat pump hot water system or 5-star energy efficient instantaneous gas hot water system	2 to 3 tonnes	Y / N	___ tonnes
Consider photovoltaics (PV panels) for your home	3 tonnes (for 1kW system)	Y / N	___ tonnes
Switch to Green power for your home electricity	2 to 14 tonnes, more for high users	Y / N	___ tonnes
OFFSET YOUR EMISSIONS			
Buy carbon offsets	from 0 to 27 tonnes (and beyond)	Y / N	___ tonnes
LOBBY GOVERNMENTS, LEADERS AND THE MEDIA			
Contact your local MP or Federal or State Environment Ministers and tell them that you'd like them to take serious action on climate change	Way beyond what you can achieve in your own home	Y / N	___ tonnes
Contact a newspaper, radio or other media outlet about an environmental issue that concerns you.	Beyond what you can achieve in your own home.	Y / N	___ tonnes
YOUR TOTAL POTENTIAL GREENHOUSE SAVING			___ tonnes

This checklist was created in August 2007 by Sandy McCathie of ecoSAVVY and is based on information gleaned from a wide variety of sources, with heavy use of the information available from the website of the Australian Conservation Foundation (www.acfonline.org.au/greenhome). A very useful 5 page guide, including short explanations, and helpful action tips to support you in implementing your preferred actions from the list above can be downloaded from the articles & links page of www.ecosavvy.com.au