

# Go Green with SCIAF

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## Travel

*If everyone in Scotland drove just 5 miles less each week, over the course of a year that would be equivalent to taking 70,000 cars off the road*

- If it's not far, leave the car
- Car pool to church, work or school
- Commute by bike or public transport at least one day a week
- Drive smart eg drive in a higher gear around 2000 rpm. Slow down – you use up to 15% more fuel driving at 70 mph than at 50 mph. See AA website

## Home and Energy

*The energy we use at home accounts for a fifth of Scotland's total carbon emissions. The good news is that there is so much we can do to cut this, and it definitely doesn't mean going without heat!*

- Get free expert advice from Home Energy Scotland 0808 808 2282
- Change your energy source – replace your boiler, generate your own energy from wind or solar power, switch to a green energy supplier
- Lock your heat in – insulate, draught proof, double glazing
- Heat smart – turn down thermostats on heating to 18°C-21°C, hot water max 60°C
- Save electricity – wash at 30°C, when buying a new appliance opt for the most energy efficient option

## Food

- Go meat free on Mondays (and Fridays!)
- Plan what you eat to keep food from the bin
- Eat local and seasonal food eg farmers' markets , local veg box scheme
- Grow your own

## Other shopping

- Reduce – buy less, consider buying second hand, sharing purchases eg powertools
- Reuse – organise a swap party, if something is broken fix it instead of replacing it
- Recycle