

## FACT SHEET

### 'LOVE DOES NO HARM TO ITS NEIGHBOUR' ROMANS 13:10

CLIMATE CHANGE CAN MEAN OUR NEIGHBOURS GO HUNGRY BECAUSE OF DROUGHT, OR LOSE THEIR HOMES BECAUSE OF FLOODS. FACED WITH THAT REALITY, THERE ARE MANY THINGS WE CAN DO, ACTING AS PART OF THE GLOBAL CHURCH'S RESPONSE, TO CHANGE THE WAY OUR LIVES IMPACT POOR COMMUNITIES.

FIND OUT MORE ABOUT THE CARBON FAST AND TEARFUND'S CLIMATE CHANGE CAMPAIGN AT [www.tearfund.org/carbonfast](http://www.tearfund.org/carbonfast)

Find out more about the Carbon Fast daily actions and how they can help you to reduce your carbon footprint.

If you can't find an answer to your question contact [enquiries@tearfund.org](mailto:enquiries@tearfund.org) or call 0845 355 8355



#### COOKING FOOD IN A MICROWAVE (DAY 2)

"Microwaves use 50-70 per cent less electricity than a conventional oven, making them extremely efficient".  
(Source: *Friends of the Earth 2008*)

Further advice on microwaves: they are useful for cooking fish, vegetables, heating, melting, precooking and preheating when turning the main oven on would be wasteful. Combination microwaves can achieve the same results as conventional ovens with less energy and in less time.

#### BOTTLED WATER (DAY 3)

1.5 million tonnes of plastic are used every year to package bottled water. (Source: *The Ecologist*)

Most of the bottles are made from non-biodegradable plastic and only about a quarter are recycled, according to the Waste and Resources Action Programme ([www.wrap.org.uk](http://www.wrap.org.uk)). For more information see: [www.bbcgreen.com/Food/price-of-bottled-water](http://www.bbcgreen.com/Food/price-of-bottled-water)

Source for daily action: *Rough Guide to Climate Change*

#### EMISSIONS FROM HOMES (DAY 6)

Each household in the UK creates around six tonnes of CO2 a year. (Source: *Energy Saving Trust*)

Source for daily action: *Energy Saving Trust*



#### ELECTRICAL APPLIANCES (DAY 7, 20, 25)

- Washing machines  
Washing at 30°C will use 40 per cent less energy than hotter programmes. You could save around £11 and 45kg of CO2 a year. (source: *Energy Saving Trust*)

- Energy Saving appliances  
Energy Saving Recommended (ESR) logo: appliances with this logo meet or exceed energy efficiency requirements specified by the UK government. For refrigeration and laundry appliances the ESR logo complements the European Union Energy label, which shows how much energy an appliance uses on a scale of A-G. Check out [www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk) for more information.

- Kettles  
If everyone boiled only the water they needed to make a cup of tea instead of filling the kettle every time, we could save enough electricity in a year to power the UK's street lights for nearly seven months. This is the equivalent of the electricity used by 300,000 households for a year or output of a typical power station for nearly five months. (Source: *Energy Saving Trust*)

Information on buying energy efficient kettles:  
[www.energysavingtrust.org.uk/Energy-saving-products/Home-appliances/Kettles](http://www.energysavingtrust.org.uk/Energy-saving-products/Home-appliances/Kettles)



## HOME INSULATION (DAY 10)

Around 50 per cent of heat lost in homes is through the walls and loft (if they are not insulated) so insulating wall cavities and lofts helps keep the heat in. (Source: *Energy Saving Trust*)

Around a third of the heat lost in a house without insulation is through the walls. You could save around £120 on your energy bills each year by insulating wall cavities. If everyone in the UK filled their wall cavities, it would save around £670 million of energy a year. (Source: <http://campaigns.direct.gov.uk/actonco2/home/in-the-home/save-energy.html>)

## METHANE AND FOOD WASTE (DAY 13)

Methane is a powerful greenhouse gas and is responsible for 24 per cent of global warming (source: *Friends of the Earth, 2008*). Farming and landfill sites contribute greatly to methane emissions. Composting food waste and eating less meat can help to reduce methane emissions.

## RECYCLING AND PACKAGING (DAY 14, 32, 38)

UK recycling is estimated to save more than 18 million tonnes of CO<sub>2</sub> a year – the equivalent to taking 5 million cars off the road. (Source: *Recycle Now*)



Tetrapak recycling: [www.tetrapakrecycling.co.uk](http://www.tetrapakrecycling.co.uk)  
More on recycling:  
[www.recyclenow.com/why\\_recycling\\_matters/index.html](http://www.recyclenow.com/why_recycling_matters/index.html)

Plastic bags: Over 13 billion plastic bags are used in the UK every year, and most of those are reused just once before being thrown away. (Source: *Energy Saving Trust*)

Although plastic carrier bags today use 70 per cent less plastic than they did 20 years ago, most are still made from polyethylene, a kind of plastic which is non-degradable. (Source: *Recycle Now*)

## DEALING WITH DRAUGHTS (DAY 15)

In a typical home 20 per cent of heat loss is through ventilation and draughts. By installing draught proofing you could save around £30 a year on your heating bills and reduce your emissions by around 150kg of carbon dioxide (CO<sub>2</sub>) each year. (Source: *Energy Saving Trust*)

## TRAVELLING LIGHT (DAY 16 AND 36)

Transport is the fastest-growing source of carbon dioxide in the UK. Road transport alone is responsible for 22 per cent of emissions. (Source: *DEFRA*)

Fly less: CO<sub>2</sub> emitted at high altitude by aeroplanes is around three times as harmful as normal CO<sub>2</sub> emissions.



## COMMUNITY GARDENING AND ALLOTMENTS (DAY 18)

Links to more information and ideas about growing your own food:  
[www.farmgarden.org.uk](http://www.farmgarden.org.uk) - Federation of City Farms and Community Gardens  
[www.soilassociation.org](http://www.soilassociation.org) – Soil Association Food and Farming (information about organic food and gardening with others in your community)  
[www.grofun.org.uk](http://www.grofun.org.uk) - Growing Real Organic Food in Urban Neighbourhoods (Bristol)  
[www.foodupfront.org](http://www.foodupfront.org) - Food up Front (South West London)  
<http://totnes.transitionnetwork.org/gardenshare/home> - Garden sharing (Totnes)  
[www.nsalg.org.uk](http://www.nsalg.org.uk) - National society of Allotment and Leisure Gardeners  
[www.allotments-uk.com](http://www.allotments-uk.com) – more information about allotments

## FOIL BEHIND RADIATORS (DAY 22)

British Gas estimates that putting silver foil behind radiators could save you as much as £20 a year on heating bills. (Source: [www.britishgas.co.uk](http://www.britishgas.co.uk))

## POSSESSIONS AND WASTE (DAY 23)

Every year we produce 100 million tonnes of waste in the UK. (Source *DEFRA*: [www.defra.gov.uk/environment/waste/index.htm](http://www.defra.gov.uk/environment/waste/index.htm))

## INSULATING HOT WATER TANKS (DAY 24)

Fitting your hot water tank with an insulating jacket will only cost a few pounds and, with all the heat it traps, it pays for itself within six months. Fit one that's at least 75mm (3 inches) thick and you could save around £30 a year. (Source: *Act on CO<sub>2</sub>*: <http://campaigns.direct.gov.uk/actonco2/home/in-the-home/save-energy.html>)

## MEAT EATING (DAY 28)

Go to [www.tearfund.org/climatechange](http://www.tearfund.org/climatechange) to read Tearfund's position on meat eating and climate change.



## FLOW REDUCING SHOWERS (DAY 34)

Low-flow shower heads mix air with water flow which can decrease the amount of water needed by half. Look for shower heads rated at less than 10 litres of water per minute. (Source: [www.guardian.co.uk/environment/ethicallivingblog/2008/mar/14/switchtolowflowshowerheads](http://www.guardian.co.uk/environment/ethicallivingblog/2008/mar/14/switchtolowflowshowerheads))

## RENEWABLE ENERGY (DAY 35)

UK electricity companies are legally obliged to supply at least 9.1 per cent of their electricity from renewable sources (*source: [www.berr.gov.uk](http://www.berr.gov.uk)*). Some companies put 'additional' green energy into the national grid. Every new customer who signs up creates additional demand for renewable energy, helping to expand the market as a whole and 'greening' the national grid. Other companies may simply use customers' money to help meet their obligation, or to invest in renewable energy projects. Though they may claim to supply '100 per cent' green energy, the amount may actually represent a tiny proportion of their total electricity supply. Customers signing up to such tariffs will demonstrate their support for renewable energy but not necessarily offset the environmental effects of traditional electricity generation.

Good Energy is a UK company which generates electricity directly from nature: wind farms, solar panels and small hydroelectric power schemes. Good Energy is increasing the amount of renewable electricity in the national grid, the UK's electricity supply, and helping to reduce carbon dioxide emissions. [www.good-energy.co.uk](http://www.good-energy.co.uk)

Tearfund has chosen Good Energy to supply electricity to its head office. Good Energy is the only UK company obtaining all its electricity from renewable sources. For every supporter who switches, Tearfund receives £20, and another £10 one year on. For churches and businesses that sign up, Tearfund could receive up to £120. Call 0845 456 1640 or visit [www.good-energy.co.uk](http://www.good-energy.co.uk) to find out more. Just quote GE38.

Ecotricity is an electricity company that invests in and builds clean forms of power. It also supplies electricity to homes and businesses. [www.ecotricity.co.uk](http://www.ecotricity.co.uk)

## HEATING YOUR HOME (DAY 37)

Turning your thermostat down by 1°C can cut up to 10 per cent off heating bills. (*Source: Friends of the Earth*)

Set your thermostat at the lowest comfortable temperature - typically between 18°C and 21°C. Lowering your thermostat by just 1°C could save you around £65 a year (Energy Saving Trust).

## BOILER (DAY 41)

Boilers are among the worst energy offenders in our homes, accounting for a third of domestic carbon dioxide emissions.

Condensing boilers use less fuel than conventional boilers to produce the same amount of heat and can save 32 per cent on fuel bills. New building regulations in 2005 determined that all new boilers fitted in new and existing houses have to be condensing types unless there are exceptional circumstances that make this impractical or costly: (*Source: [www.communities.gov.uk](http://www.communities.gov.uk)*)

'If everyone in the UK had a condensing boiler annual carbon dioxide emissions would be reduced by 17.5 million tonnes, saving £1.3 billion on energy bills every year.' (Friends of the Earth, 2008)

More information on boilers: [www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk)

## ENERGY SAVING LIGHT BULBS (DAY 44)

Energy saving light bulbs use 80 per cent less electricity than standard light bulbs and can last up to 12 times longer (Energy Saving Trust).

## CARS (DAY 45)

Regularly check and adjust your car's tyre pressure. Tyres that are under inflated create more friction, meaning the engine has to work harder, requiring more fuel, and increasing CO2 emissions.

(*Source: Act on CO2:*

<http://campaigns.direct.gov.uk/actonco2/home/on-the-move/driving-your-car.html>)

Avoid short trips in the car: a cold engine produces 60 per cent more fumes and uses more fuel than when warm.

(*Source: Energy Saving Trust*)



## FURTHER READING

*The Rough Guide to Climate Change*, 2nd edition, Robert Henson (2008)

*L is for Lifestyle*, Ruth Valerio

*How can I stop climate change?*, Friends of the Earth (2008)

For more facts and tips see Tearfund's 'For Tomorrow Too' booklet (order from 0845 355 8355, [enquiries@tearfund.org](mailto:enquiries@tearfund.org))

## USEFUL LINKS

Energy Saving Trust: [www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk)

City Farm and Garden Organisation: [www.farmgarden.org.uk](http://www.farmgarden.org.uk)

Mailing Preference Service: [www.mpsonline.org.uk](http://www.mpsonline.org.uk)

Tetra Pak recycling: [www.tetrapakrecycling.co.uk/locator.asp](http://www.tetrapakrecycling.co.uk/locator.asp)

Recycle Now: [www.recyclenow.com](http://www.recyclenow.com)

Sustrans: [www.sustrans.org.uk](http://www.sustrans.org.uk)

Freecycle: [www.freecycle.org.uk](http://www.freecycle.org.uk)

Climate Care: [www.climatecare.org](http://www.climatecare.org)

Direct Gov Act on CO2:

<http://campaigns.direct.gov.uk/actonco2/home.html>

Check out Tearfund's climate change resources: [www.tearfund.org/climatechange](http://www.tearfund.org/climatechange)

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