

Tips to help us live the challenge of the encyclical in the future.

Electricity savings and keeping your house warm

1. Turn off lights you don't need and use energy saving bulbs.
2. Don't keep any electrical appliances on stand by.
3. Charge batteries and portable gadgets with a solar powered charger.
4. Heat only the rooms you use and keep doors closed.
5. Wear another layer and keep temperatures as low as possible.
6. Set your water thermostat on 60°C; this is usually adequate for bathing and washing.
7. Connect the back of your fireplace with your water heater.
8. Use draft excluder on windows and doors.
9. Place thick curtains to pull closed in winter.
10. Insulate your ceilings, floors and walls.
11. Upgrade your hot water cylinder to a more efficient model and keep it serviced.
12. Invest in double glazed windows.
13. Always cook with lids on the pots.
14. Use the right sized pot for the hob and turn down the heat.
15. Use a pressure cooker.
16. Only heat the amount of water you really need in your kettle.
17. Invest in solar panels and photovoltaic panels on your roof.
18. Fit a wind turbine.

Eco-friendly appliances and practices

17. Invest in an eco kettle.
18. Invest in an energy efficient cooker.
18. Fill the washing machine / dishwasher up properly and run at low temperatures.
19. Never overdose washing powder, detergents, etc.
20. Use eco friendly products.
21. Defrost fridges and freezers regularly to keep them running efficiently.

22. Avoid using a tumble dryer; dry your clothes outside on the washing line.
22. Monitor your gas and electricity consumption.
- 23 When buying electrical goods, look out for those with low energy consumption.

Sustainable practices

24. Recycle every material possible in your area, plastics, paper, glass and metal.
25. Buy goods made from recycled material, e.g. furniture, or buy second hand.
26. Reuse what is still in good condition, for e.g. by taking it to the charity shop.
27. Reduce using thin plastic bags; keep reusable bags in your bag or car.
28. Avoid buying goods with a lot of packaging.
29. Avoid buying goods that had to travel far to get to you (shop at the farmer's market for local produce).
30. Use good old soap instead of bottled shower gels and hand wash.
31. Buy in large containers (for example milk).
32. If possible, avoid bottled water, drink tap water.

Transport

34. Walk for short distances; don't use your car- take the bike.
36. Turn off the engine until you are ready to go.
37. Always consider alternative ways of transport - cycle, bus or train to work
38. Check your car's tire pressure regularly.
39. Take off racks and spoilers from your car.
40. Check for oil or fuel spills under your car.
41. Monitor fuel consumption.
42. Plan your journey carefully to avoid traffic jams and rush hour.
43. Drive green by avoiding rapid acceleration and braking, change quickly to higher gears.
44. Have your car serviced regularly.