



Shed a tonne, Save money and help the environment

**Help Banchory reach the target of
saving 100 tonnes of carbon**

dioxide (CO₂) by March 2012

The average carbon footprint per household in this area is much higher than the average for Scotland.

Choose from our list of pledges. These are marked with how much CO₂ this could save in 6 months. The actions which save most CO₂ also save you the most money long term. Take this home to remind you of your pledges and please complete the response form. For more ideas see www.banchory.org

PLEDGES	CO₂ saved (tonnes)	I will do this pledge
Insulation		
Make sure my home is well insulated	0.3 - 0.7	
Heating		
If my heating is set above 18 °C turn down my thermostat by 1°C	0.2	
Turn the heating off in rooms not being used, and shut doors	0.7	
Replace my inefficient boiler	1.6	
Replace coal fire with wood fire or wood stove	0.8	
Electricity		
Change to a 4 star green electricity supplier	0.7	
Generate my own heat or power using solar energy	0.2- 0.5	
Wash clothes at 30°C and hang out to dry	0.2	
Travel		
Try car sharing	0.6	
Replace my car with one with a higher mpg/lower CO ₂ emissions – an A rated emissions car	0.9	



BERI Pledge response form

Here are the things I'm going to do to save energy, have already done or need more information about

Please tick the boxes which apply; For more ideas see www.banchory.org

PLEDGE	CO₂ saved (tonnes)	Will Do	Done	Can't do	Need Info
Insulation					
Make sure my home is well insulated	0.3 - 0.7				
Heating					
If heating is set above 18 °C turn down thermostat by 1°C	0.2				
Turn heating off in rooms that not being used, and shut doors	0.7				
Replace my inefficient boiler	1.6				
Replace coal fire with wood fire or wood stove	0.8				
Electricity					
Change to a 4 star green electricity supplier	0.7				
Generate my own heat or power using solar energy	0.2- 0.5				
Wash clothes at 30°C and hang out to dry	0.2				
Travel					
Try car sharing	0.6				
Replace my car with one with a higher mpg/lower CO ₂ emissions – an A rated emissions car	0.9				

Name.....

Address.....

E mail address.....

Phone number.....

We might get in touch for feedback and to send you more information. Your details will not be shared with anyone else . Tick this box if you do not want BERI to get in touch

**Please cut off this response form and put in BERI box provided.
Thank you for making a real difference**

