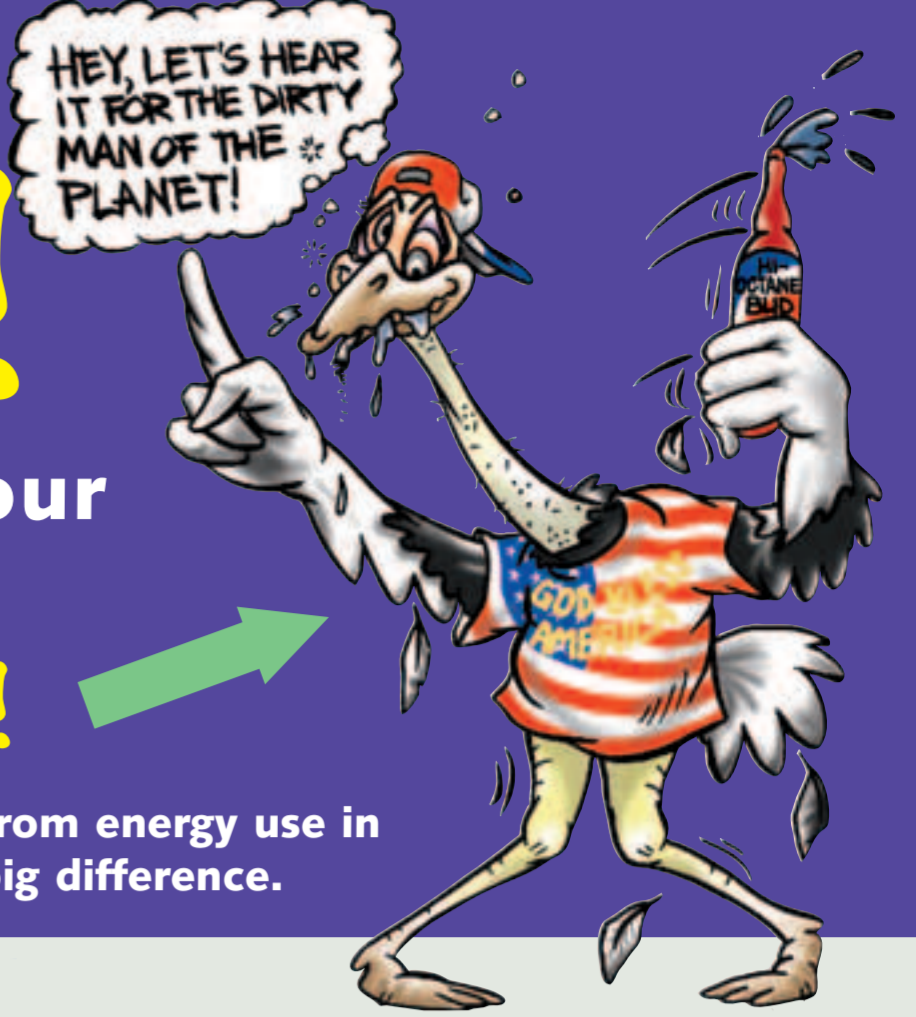


SLOBBIE OZZIE DOES DETOX!

A 20-step programme to help you kick your global-warming, energy-guzzling habit.

Anyone can do it! Even him!

Around half of CO₂ emissions – the main greenhouse gas – come from energy use in homes and from personal transport. So what you do can make a big difference.



START HERE!

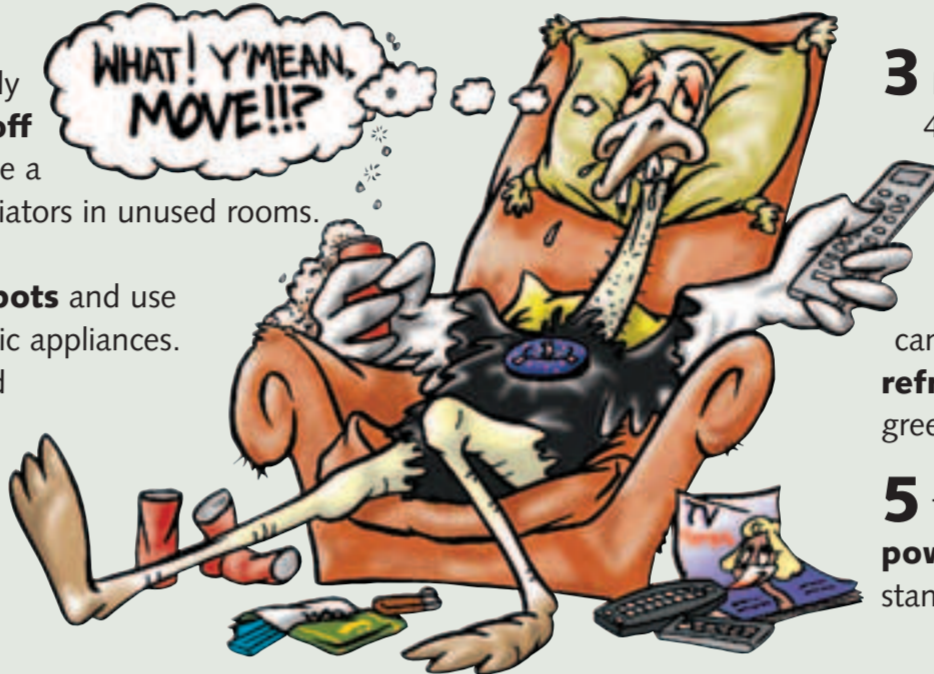
Stage 1 Easy-peasy

1 OK, it's screamingly obvious but **switch off lights** when you leave a room and turn off radiators in unused rooms.

WHAT! Y'MEAN MOVE!!?

2 Cook with **lids on pots** and use economy settings on domestic appliances.

If you boil just the water you need to make hot drinks, in a week you could have saved enough to light your house for a day.



3 Running a washing machine and dishwasher at 40°C¹ instead of 60°C will use a **third less** energy. Use a washing line or clothes horse – **not a tumble drier**.

4 Turn down your **thermostat** – even 1°C less can cut your heating bill by 10 per cent. Keeping your **refrigerator** just 1°C warmer saves about 50 kg of greenhouse gas a year.²

5 Turn your TV, stereo or DVD appliances off **at the power point**. Using your remote and leaving them on standby uses between 10-60 per-cent extra juice.

Stage 2 Make an effort

Make an effort

6 Shop locally, eat more **plant-based food**. Intensive animal rearing produces lots of methane. **Beef's the worst** – to produce one kilogram creates half a kilogram of methane, a very powerful greenhouse-gas equivalent to more than ten kilograms of CO₂. Buy regional, **organic** food in season whenever possible.

7 Replace your **light bulbs** with energy-efficient Compact Fluorescent ones. A CF bulb will use a fifth of the electricity, last ten times longer and save half a tonne of CO₂ in its lifetime.

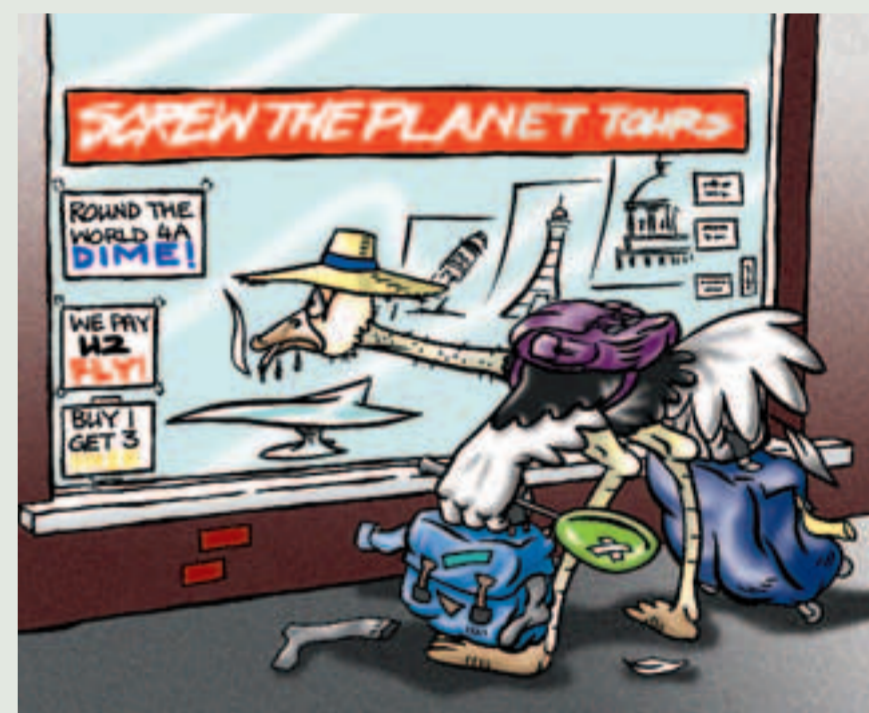
8 **Walk**, cycle, take public transport or consider a car pool wherever possible. **Reduce your air travel** – one long-

haul flight can outweigh all other personal emissions.³ But short hops are even more wasteful. If you must have a **car**, **service it regularly**, keep the tyres properly pumped and you'll save up to a tonne of greenhouse gases per year.

9 Switch to electricity from renewable sources with a **green power supplier** and cut your CO₂ pollution by 1.42 tonnes over one year. In most cases it won't add much to your bill. But cut your consumption too, because there isn't enough clean energy being produced to meet all needs!⁴

10 Minimize paper use, **recycle paper** and buy recycled. Buy wood products from **sustainable** forest sources. Buy products with the least packaging.

WHY DON'T THEY DO IT IN BEEF?



Stage 3 Flex your muscles

Flex your muscles

11 **Plant new trees** – and look after them.

12 Increase **insulation** in your roof, around windows and the water tank. Put aluminium foil behind your radiator (dull side against the wall).

13 Switch any **investments** you might have from fossil-fuel companies to renewable-energy ones or ethical funds. Exercise your rights as a **shareholder** to attend AGMs and table or vote for resolutions demanding reduced emissions.



14 **Boycott** the products of companies like **ExxonMobil (Esso)** that are actively blocking the transition to renewables and even the most modest attempts at solving the climate crisis.⁴

15 Get **political!** Put pressure on your representatives to act and vote for initiatives aimed at reducing greenhouse emissions. Take part in actions and protests.



Stage 4 Get serious

Get serious

16 Double glaze your **windows**. If you live in a hot country, do away with **air conditioning** if you can.

17 Buy the most **energy-efficient appliances**. An energy-efficient fridge uses less than half the power of an old model.

18 Go solar: buy a **solar** water heater; invest in solar photovoltaic panels and tiles for your roof to meet your energy needs.⁴

19 If you have central heating and it's too expensive to go fully solar replace your old boiler with a **condenser boiler**. These convert 85 per cent of fuel into heat compared with less than 65 per cent for standard types.

20 If you can, do without a car. But if you really need one, go for **the greenest** available. Zero-emissions hydrogen-fuel cars should be on the wider market within the next few years. Several hybrid electric/petrol (eg Toyota Prius, Honda Insight) and LPG/petrol models are available now.⁴

And finally – don't give up hope! Imagine how much better the world will be once we have given fossils the boot and moved to clean green energy!



Illustrations by



Printed on recycled paper

¹ To convert from Celsius to Fahrenheit: multiply the Celsius reading by 9, divide the product by 5, add 32. For example 40 C x 9 = 360; 360 ÷ 5 = 72; 72 + 32 = 104 F. ² Per-capita CO₂ emissions: US 19 tonnes (or 19,074 kg); Australia 16.9; Canada 13.6; Britain 9.5; Japan 9.2; Aotearoa/New Zealand 7.9. ³ A return flight London-Sydney produces about 10 tonnes of CO₂ per person. To calculate any flight see www.chooseclimate.org/flying. ⁴ See over for more details.

TURN OVER FOR ACTION DETAILS, CONTACTS AND SUPPLIERS.



New Internationalist www.newint.org

1 TRAVELLING LIGHT (or not...)

Walking and cycling are obviously best, but not always an option. When you have a choice, go by public or collective transport rather than by private car. And if you are considering flying...

Flying

To calculate your carbon dioxide cost for any particular trip see: www.chooseclimate.org/flying
To calculate how many trees are needed to absorb the CO₂ from a flight see: www.americanforests.org or www.treecanada.ca

CO₂ emissions per passenger on a few sample flights:

New York-Paris: 3.8 tonnes of CO₂
Seattle-Beijing: 5 tonnes of CO₂
Winnipeg-Miami: 2.2 tonnes of CO₂

Cars

Each litre of petrol or gasoline produces 2.5kg of CO₂. The greenest are likely to be zero-emission hydrogen fuel cars that should hit the mass market within the next few years.

LOOK OUT FOR:

Honda FCX (hydrogen fuel cell) currently on test in Tokyo and Los Angeles and planned for sale in Japan this year.
Toyota's FCHV hydrogen fuel-cell vehicle (based on the Highlander) on test in the US.
BMW 745h (liquid hydrogen) on test worldwide, on sale in 2007.

Note: If the hydrogen these vehicles use is generated by renewable energy this option is as green as it gets, but if fossil fuels or nuclear energy are used even these cars will not be as green as they seem.

While we're waiting for the hydrogen revolution, here are some

BETTER BUYS

These include hybrid and fuel-efficient petrol or gasoline engines.

	average mpg	CO ₂ tons per year
Conventional and hybrid		
Honda Insight (petrol-electric hybrid)	65	3.1
Toyota Prius (petrol-electric hybrid)	45	4.0
Suzuki Swift	39	5.0
Toyota Echo	37	5.2

Electric vehicles (best for short range driving)

The Sparrow; Ford's Think; Nissan's Altra and Hypermini; Honda's EV or Toyota's RAV4 EV. Again the electricity should come from renewable sources.

LPG (liquid petroleum gas) does less environmental damage than ordinary petrol or gasoline and is quite widely available now in a number of hybrid brands. Conversions to existing cars are possible too.

Diesel-fuelled vehicles are not included among the better buys as particles emitted are a threat to health.

GREENHOUSE MONSTERS – avoid at all costs

	average mpg	CO ₂ tons per year
Ferrari 550 Maranello	10	18.7
Dodge RAM 1500 4WD	14	13.8
Chevrolet Suburban/GMC Yukon XL	15	12.9
BMW 540i (A)	18	10.8

The Lincoln Navigator is another notorious guzzler.

Useful web sites

www.greencars.com
www.fueleconomy.gov
www.cleancarcampaign.org
Buyers Guide to Cleaner Cars at www.arb.ca.gov/fmsprog/ccbg/ccbg.htm
Driving the Future at www.drivingthefuture.com
Ethical Transport Association at www.eta.co.uk
World Car Free Day Consortium at www.ecoplan.org/carfreeday
British Columbia's Go-Green programme at www.gogreen.com
Car Free Cities at www.carfree.com
European Car Sharing Network at www.carsharing.org
International Bicycle Fund at www.ibike.org
Hyweb at www.hydrogen.org

2 ECO-FRIENDLINESS begins at home (and in the workplace)

AUSTRALIA

National Green Power Accreditation Steering Group Their website includes the option to find a local Green Power retailer throughout Australia, with business and home use options at www.greenpower.com.au

The Australian Greenhouse Office

Australian Government **Cool It** initiative at www.greenhouse.gov.au/pubs/gwci/ This is also the main national resource for solar hot water information. Links to manufacturers' sites included. www.greenhouse.gov.au/renewable

The Rainbow Power Company has made a significant contribution to acceptance of sustainable solutions in Australia and overseas. They have a very useful website for both home enthusiasts and community development activists at www.rpc.com.au

Alternative Technology Association

Non-profit community group promoting environmentally friendly technology. PO Box 2001, Lygon St North, Brunswick East VIC 3057 Tel: 03 9388 9311 Fax: 03 9388 9322 Email: ata@ata.org.au Web: www.ata.org.au

Green Planet Resources Australia Pty Ltd (GPRA)

Green marketing service for solar and water products. PO Box 173, Patience Street, Glenroy, VIC 3046. Tel: 03 9324 0795 Fax: 03 9324 0796 Email: chrisonslow@optushome.com.au Web: www.gpra.somegs.com

BRITAIN

Energy Efficiency Advice Centres (UK)

Call 0800 512 012 to talk to a local energy adviser for free and get advice on energy-saving measures and grants.

The UK Energy Saving Trust For grants see www.est.org.uk

Energy Efficiency Installers Call 0845 727 7200 for practical advice on best energy efficiency options to suit your needs and to put you in touch with local installers.

Friends of the Earth has an excellent independent guide to green electricity suppliers on www.foe.uk/campaigns/climate Top of their league table is **Unit[e]** (Unit Energy Ltd) call 0845 610 1401 or see www.unit-e.co.uk For Greenpeace's **Juice** electricity (in conjunction with **npower**) call 0800 316 2610 or see www.greenpeace.org.uk

Centre for Alternative Technology Runs courses on a wide range of renewable energy applications and technologies, has publications and a shop. Tel: 01654 705950 Web: www.cat.org.uk

Solar Century Designs, installs and maintains tailor-made solar PV systems. See www.solarcentury.com Also www.unisolar.com and www.home-power.com

Solar Trade Association at www.greenenergy.org.uk Also www.thermomax.com

British Wind Energy Association at www.bwea.com

Bergey Windpower for a range of turbines, prices and installation information see www.bergey.com

Carbon calculator at www.carboncalculator.org or www.bestfootforward.com

CANADA

Canadian Association for Renewable Energies (CARE) at www.renewables.ca

Natural Resources Canada Energy-saving tips for your house and car from Canada's Office of Energy Efficiency. Email: general.oe@nrcan.gc.ca Web: www.oeenrcan.gc.ca

Green Communities Association List of non-profit community enterprises committed to behaviour change and uptake of green products and services. Box 928, Peterborough, ON K9J 7A5 Tel: (705) 745 7479 Fax: (705) 745 7294 Email: cmaynes@gca.ca Web: www.gca.ca

Climate Change Solutions Very useful megasite of interactive tools, resources and success stories on actions to reduce greenhouse gas emissions at www.climatechangesolutions.com This is a subsite of the Pembina Institute (see section 4). They also sponsor www.re-energy.ca

David Suzuki Foundation Charity which explores human impacts on the environment, with an emphasis on finding solutions. Suite 219, 2211 West 4th Avenue, Vancouver, BC V6K 4S2 Tel: (604) 732-4228 Fax: (604) 732-0752 Email: solutions@davidsuzuki.org Web: www.davidsuzuki.org

Climate Calculator Work out your CO₂ emissions at www.climcalc.net

Green Building Information Council at www.greenbuilding.ca

Zero Waste Canada at www.targetszerocanada.org

IRELAND

VOICE Provides ideas for sustainable living. 7 Upper Camden Street, Dublin 2 Tel: 01 475 0467 Fax: 01 476 2042 Email: avoice@iol.ie Web: www.voice.buz.org/

Airtricity Ireland's largest renewable energy company. National Management Centre, Clonard, Sandyford, Dublin 16 Tel: 01 213 0400 Fax: 01 213 0444 Email: info@airtricity.net Web: www.airtricity.net

Sustainable Energy Ireland

Glasnevin, Dublin 9 Tel: 01 836 9080 Fax: 01 837 2848 Email: info@sei.ie Web: www.sei.ie

Sustainable Ireland Co-operative

15-19 Essex Street West, Dublin 8. Tel: 01 674 6396 Email: info@sustainable.ie Web: www.sustainable.ie

The Village Sustainable community aiming to provide information and education. The Village Office, 159 Lower Rathmines Road, Dublin 6 Tel: 01 4912499 Email: info@thevillage.ie Web: www.thevillage.ie

NEW ZEALAND/AOTEAROA

Energy Efficiency and Conservation Authority Government resource promoting use of green energy. Simpson Grierson Building, 44 The Terrace, PO Box 388, Wellington. Tel: 04 470 2200 Fax: 04 499 5330 Web: www.eeca.govt.nz/default.asp

Climate Change A very informative government website documenting climate change initiatives at www.climatechange.govt.nz

The Natural Step The New Zealand/Aotearoa-based branch of the Swedish concept at www.naturalstep.org.nz

US

Energy Efficiency and Renewable Energy Network (US Department of Environment) www.eren.doe.gov and **Energy Star Program** www.energystar.gov

American Council for an Energy-Efficient Economy www.aceee.org

Rocky Mountain Institute produces useful Home Energy and Climate Briefs on www.rmi.org

American Solar Energy Society at www.ases.org

World Resources Institute See their Safe Climate Initiative on www.safeclimate.net. You can also work out your CO₂ emissions on www.safeclimate.net/calculator

INTERNATIONAL World Renewable Energy Network at www.wrenuk.co.uk
Clean Energy at www.cleanenergy.de
International Solar Energy Society at www.ises.org

3 FOOD and FORESTS

AUSTRALIA

The Organic Federation of Australia at www.ofa.org.au
Friends of the Earth Australia PO Box 222, Fitzroy VIC 3065 Tel: 03 9419 8700 Fax: 03 9416 2081 Email: foe@foe.org.au Web: www.foe.org.au

BRITAIN

Soil Association at www.soilassociation.org.uk
Forest Stewardship Council (UK) at www.fsc.uk.demon.co.uk
Future Forests (UK) at www.futureforests.com

CANADA

EcoForestry Institute at www.ecoforestry.ca
Forest Stewardship Council (Canada) at www.fscus.org

NEW ZEALAND/ AOTEAROA

Organic pathways at www.organicpathways.co.nz
Royal Forest and Bird Protection Society of New Zealand Inc PO Box 631, Wellington Tel: 0800 200 064 Fax: 04 385 7373 Web: www.forest-bird.org.nz
Soil & Health Organization PO Box 36 170, Northcote, Auckland Tel: 09 419 4536 Fax: 09 419 4556 Web: www.organicnz.pl.net

US

Forest Stewardship Council (US) at www.fscus.org
American Forests at www.americanforests.org

INTERNATIONAL

Rainforest Action Network www.ran.org
Certified Forest Products Council www.certifiedwood.org
Vegetarian restaurants around the world at www.veg dining.org

4 GETTING POLITICAL!

AUSTRALIA

Climate Action Network Australia NGO committed to reducing climate change. Solarch Building, 1408 Anzac Parade, Little Bay 2036 Tel: 0407 227 633 Email: info@cana.net.au Web: www.cana.net.au

Friends of the Earth at www.foe.org.au

Greenpeace Australia Level 4, 35-39 Liverpool St, Sydney 2000, NSW Tel: (02) 9261 4666 Email: greenpeace@au.greenpeace.org Web: www.greenpeace.org.au

BRITAIN

Rising Tide Radical group campaigning for climate action. www.risingtide.org.uk

Friends of the Earth 26-28 Underwood Street, London, N1 7JQ Tel: 020 7490 1555 www.foe.co.uk

Greenpeace UK Canonbury Villas, Islington, London N1 2PN Tel: 020 7865 8100 www.greenpeace.org Campaign: www.stopesso.org

Climate Action Network UK 31 Pitfield Street, London N1 6HB Tel: 020 7251 9199 Web: www.climatenetwork.org

Corporate Watch 16b Cherwell Street, Oxford OX4 1BG. Tel: 01865 791391 Web: www.corporatewatch.org.uk

Forest Action Network UK 42-46 Bethel Astreet, Norwich, Norfolk, NR2 1NR. Tel: 01603 611 953 Web: www.fanweb.org/uk

Drop the Debt Campaign at www.jubileedebtcampaign.org.uk

Global Commons Institute at www.gci.org.uk

CANADA

David Suzuki Foundation at www.davidsuzuki.org (See section 2 for details).

Greenpeace Canada at www.greenpeacecanada.org

Sierra Club Canada at www.sierraclub.ca

Climate Change – Are You Doing Your Bit? at www.climatechange.gc.ca

Pembina Institute at www.pembina.org

IRELAND

VOICE Web: www.voice.buz.org/ (see section 2 for more)

Earthwatch – Friends of the Earth Ireland Tel: 01 478 5100/01 Web: www.iol.ie/~foeire/home.htm

JAPAN

Friends of the Earth Japan at www.foejapan.org/en/

Greenpeace Japan at www.greenpeace.or.jp

NEW ZEALAND/AOTEAROA

Climate Defence Network Coalition of concerned groups fighting for government action on climate change. PO Box 11057, Wellington Tel: 04 905 6583 Email: climate@paradise.net.nz Web: www.converge.org.nz

Greenpeace NZ 113 Valley Road, Mt Eden, Auckland Tel: 09 630 6317 Fax: 09 630 7121 Free Phone: 0800 22 33 44 Web: www.greenpeace.org.nz

ECO Network of groups which share a concern for the environment. PO Box 11057, Wellington Tel: 04 385 7545 Fax: 04 385 7545 Web: www.eco.org.nz

New Zealand Green Party Has an excellent database of like-minded community groups and organizations as well as reference material at www.greens.org.nz

US

Greenpeace USA at www.greenpeaceusa.org
Friends of the Earth USA at www.foe.org
Sierra Club at www.sierraclub.org

INTERNATIONAL

Project Underground at www.moles.org
Corporate Europe Observatory at ceo@xs4all.nl
Ruckus Society at www.ruckus.org
Direct Action Network at www.directactionnetwork.org
Corporate Watch at www.corpwatch.org
Action Resource Center at www.arcweb.org
Address Directory for Politicians of the World at www.trytel.com/aberdeen
Campaign ExxonMobil at www.campaignexxonmobil.org and **Stop Esso** at www.stopesso.org