Wash your clothes on 30°C

Replace broken appliances with energy-efficient versions

Get a home energy audit done

Install a more efficient boiler

eco congregation Scotland

Plan your journeys in advance so you use the car less

Use the train instead of the plane when travelling within the UK

Plan your meals in advance to reduce food waste—buy only what you need

Eat locally-produced food wherever possible

Eat less meat

Reuse plastic bags before disposing of them

Learn to drive more efficiently with the Energy Saving Trust

Turn your thermostat down one degree

Instead of turning the heating up, put on a jumper

Use public transport whenever possible

Start cycling or walking instead of driving for short journeys

Turn lights and appliances off when not in use

Drink tap water instead of bottled water and reuse your bottles

Replace light bulbs with energy saving light bulbs

When something breaks, repair it rather than replace it

Use recycled paper

Use white, biodegradable bin bags instead of black ones

Unplug chargers when not in use

Share your energy-efficiency know-how with others

Grow some of your own food

Switch to paperless bill payments

Keep worms to help with com-posting

Only run the dishwasher and washing machine when they are full

Take a shower instead of a bath