

Walk The Talk Check List/Tip Sheet- See where you can make difference to you house energy and save...

Name:

Date:

Walk the Talk, Reduce your Footprint: select the appropriate column for each action,	Alrea dy done!	I could do this in:	
		201 8	201 9
No investment required			
Measure the temperature in your most-used rooms to find hot/cold spots			
Monitor your energy use to find the major/unexpected users (Kill-a Watt meter)			
Review the times for heating (and hot water, if applicable) to come on /off			
Turn off lights when you are not using them			
Turn "greedy" appliances off (not standby) - put several on a shared power bar			
Winter: turn thermostat down to 20C			
Winter: turn thermostat down to 19C...or lower			
Summer: turn thermostat up to 25C			
Summer: turn thermostat up to 26C...or higher			
Take short showers instead of baths			
Only heat the amount of water you need in the kettle			
Run washing machine with cold water and only run when full			
Dry clothes outside when possible, or on drying racks indoors			
Defrost fridge and freezer regularly, vacuum the outside			
Open / close blinds and curtains to help keep warm in winter, cool in summer			
Turn off heating / AC in rooms which are not in use			
Put fridge and freezer in cool areas in the house			

Low cost or DIY			
Find where heat is escaping by getting an infrared scan of your house (ecoCaledon)			
Check hot-water tank insulation, add if necessary			
Check if you need more attic insulation (clues from frost / snow patterns on roof)			
Replace light bulbs with more energy-efficient ones (cfl or led)			
Draught-proof external doors and windows, fireplace dampers, attic hatches etc.			
Insulate hot water pipes			
DIY temporary secondary glazing on single/poorly glazed windows			
Install an outdoor washing line			
Save water costs by installing barrels to collect rainwater for garden use			
Switch to renewable electricity/gas (eg Bullfrog Power)			
Have your heating system inspected to ensure it is operating safely and efficiently			
Install a programmable thermostat if you don't already have one			
Use timers for things like: pool filter pump, Xmas lights, outdoor lights etc.			
Get Home Energy Audit including leak test (approx. \$500 for before & after tests)			
Low-Carbon choices when you have changes planned			
When buying electrical appliances, look for the most energy-efficient model			
Buy the smallest appliance you can manage with			
For building work - exceed current regulations regarding insulation etc.			
Consider triple glazing for north-facing or very large windows			
Choose a wood-burning stove in place of an open fire			
If a wood-stove is not an option, consider a wood-burning insert for your fireplace			
Upgrade central heating controls to programmable			
Consider adding heat recovery systems to kitchen and bathroom extractors			

Seal gaps round any holes in external walls (egg. for drier outlet)			
Choose low-carbon building materials (egg. FSC timber, locally produced)			
Choose low-carbon materials like natural fibres for floor coverings			
Choose low-carbon insulation (sheep's wool, hemp, recycled paper, etc.)			
New extension: make use of passive heating/cooling by optimal siting			
If moving house, choose the smallest house you can manage with			
If moving house, look for one with energy-saving features			
Larger projects			
Replace old furnace and A/C with new system (depending on age of current eqpt.)			
Install passive solar for hot water heating			
Install biofuel heating (egg wood-pellet boiler)			
Install solar photovoltaic panels for electricity generation			
Install a ground source heat pump ("geothermal")			
Replace any poorly insulated windows with low-e, double- or triple-glazed versions			
Replace old external doors with highly insulated versions			
Consider extra wall and floor insulation (if suitable for your construction type)			
Consider moving to a smaller house			
Add and share <i>your</i> ideas!			