

	<b>Sampford Courtenay SCEnSus - 2022 New Year's Resolution Checklist and Progress Chart</b>	Red/ Amber/ Green	Red/ Amber/ Green?
	<p>Last year we set you the challenge of reviewing what we can all do within our homes to keep our carbon footprint to a minimum. Let's have another look to see how we're doing. If you did the checklist last year, have another look to see where you improved things and what the priorities need to be for 2022. Put this checklist where you can <u>all</u> see it ... and use it to keep track of your progress.</p> <p><i>Mark an action Red if you haven't started it ... or haven't even thought about it yet. A priority for 2022?</i></p> <p><i>Mark it Amber if you've started work on this but there's still some way to go</i></p> <p><i>Mark it Green if you've completed this/ been doing it for some time. If so, Well done ... and keep going.</i></p> <p>Even if you don't live in Sampford Courtenay, have a go and see how you're doing!</p>	<p><b>2021</b> – <i>Where were we at the start of last year?</i></p>	<p><b>2022</b> –</p> <p>What we can do even better this year</p>
1	Do you need better loft insulation or double glazing? <i>There might be grants available to you</i>		
2	Are <u>all</u> the light bulbs in your house low energy?		
3	Can you turn down your heating, even by 2 degrees C ... and wear those jumpers that you've got lurking in your wardrobe instead? Can you do your washing at 30C rather than 40C?		
4	Can you share your car travel with someone else and reduce the number of car journeys that you make to work or to the shops? Can you 'save' at least one journey each week? Think twice before doing short 'single occupancy' car trips as these are the least fuel efficient journeys. <i>Vehicle transport makes up 25% of UK carbon emissions.</i>		
5	Can you cycle, walk or catch a bus rather than drive a car sometimes – and more than you would usually do? Can you use our new local train service now that we've got it?		
6	How much food do you throw away in your house? If you're tempted by 'Buy one, get one free' offers - do you always use it all? Does <u>all</u> your food waste <u>always</u> go in the compost, not in black bags .... and end up in landfill and producing lethal methane gas?		
7	Can you buy more organic food to promote soil health – foods grown without use of fertilisers and cultivation methods that break down soil structure and other chemicals (particularly pesticides) which harm wildlife?		
8	Can you stop or reduce the use of chemicals such as bleach, cleaning products and sprays?		
	Do you use microfibre cloths and water to avoid using chemicals and having those hard to recycle containers that they come in?		
9	How can you get everyone in your house to be more 'environmentally aware'? Identify some climate house rules such as closing doors to keep heat in, turning down thermostats in rooms not used very often, not running taps any longer than is necessary, looking at ways to re-use, recycle and re-purpose (particularly if this means not buying something new). Is there someone in your house (preferably the youngest person in the house) who could be the 'climate lookout' .... or 'chief nagger' when other people forget or get it wrong!		
10	How much of what your family throws away goes to landfill? How many black bags each week? How can you reduce the number of bags that go in the bin lorry? <i>Set a target ... one less a fortnight by (date)</i>		
11	If you eat out and 'on the go', are the food and drink containers that you had single use and, if so, are they recyclable?		
12	New Year sales – as tempting as they are, buy only what you need!		