



At GAP measurement of environmental impact is a priority in continuing to develop our sustainable living resources.

ACTIONS = RESULTS

ACTION: USE ENERGY SAVING LIGHT BULBS

Saves up to €40, 250kWh & 130kg of CO2 per year!*

If everyone in Dublin took this simple action, enough energy would be saved to provide heating & electricity to over 1,000 schools in Ireland for 1 year.

If Ireland completely switched to 13watt bulbs, in 1 year we'd save enough electricity to power every home in Connaught for the following year, with a bit left over.

GAP TIPS: Want a brighter light? Look for "Lumens" which represent the amount of light given off by a bulb. Watts indicate the electricity used to produce that light.

*Based on replacing 5 x 60watt incandescent bulbs with 5 x 13watt CFL's.

ACTION: DON'T OVERFILL THE KETTLE

If everyone in Dublin took this action, CO2 emissions would fall by 19,000 tonnes, which is as if 3,000 cars were off the road for a year!!*

If Ireland stopped overfilling the kettle, we would collectively save enough electricity to power every home in Laois for a year!

*Based on filling the average kettle to the minimum line for 1-2 cups instead of the maximum line for up to 6 cups, once per day for a year.



ACTION: STOP STANDBY-BY

If 1 person switched off all the electronic devices in their home instead of leaving them on standby, they would save >333 kW of energy per year (111 kettle boils / >184kg of CO2 released).

If 30 people switched off all the electronic devices in their home instead of leaving them on standby, over the course of a year they would save >9990 kW of energy (6660 dishwasher cycles / >5520kg of CO2 being released).

If 300 people switched off all the electronic devices in their home instead of leaving them on standby, over the course of a year they would save >99,990 kW of energy (33,300 tumble drier cycles / >55,200kg of CO2 being released).

ACTION: DON'T WASTE PAPER

The average black bin in Ireland still contains 16% paper & cardboard, recycling this can save every household €50 a year.

Dublin people collectively throw out 13,800 full bin trucks of paper/ cardboard every year - the energy used to produce this paper is the same as the amount of electricity used in every household in Kildare, Kilkenny, Laois & Longford for a year combined!

Each year, households in Ireland throw out paper/ cardboard with a water footprint totalling 5,000 olympic swimming pools and filling a massive 50,000 bin trucks, which, when lined up bumper to bumper, would stretch from Donegal to Cork.

GAP TIPS: When printing, source post-consumer recycled, chlorine-free paper & use both sides. 500 sheets of recycled, unbleached paper saves 100litres of water, 20kWh of energy, 7.5kg of tree pulp & 1.6kg of CO2!

ACTION: SPACE HEATING

60% of the energy used in the home is for space heating - are we actively heating spaces we do not occupy?

The residential sector in Ireland accounts for >25% of our total energy consumption - so you can make a difference!



GREEN HOUSEHOLD TIPS:

The consumption choices we make influence our carbon footprint. There are simple things you & your family can do today to reduce your environmental impact and save money,...



SAVE WATER

- A tap dripping at 1 drop per second can waste 1,550 litres of water/year.
- Letting the tap run whilst brushing your teeth for 3 minutes twice a day wastes 50-130 litres of water per day.
Turn off that tap!
- A bath can use 80 litres of water / a 4 minute shower uses 40-60 litres.
(Try a shower timer or fit a low-flow showerhead!)
- Use a water filter to purify tap water instead of buying bottled water.
Not only is bottled water expensive, but it generates large amounts of container waste.
- Do you need to flush every time? An average household will save 17,250 litres/year by halving the number of flushes.

REDUCE FOOD WASTE

- Pack a waste free lunch, keep leftovers for a snack the next day, or freeze them.
- Start a compost bin/heap for food and garden waste and buy biodegradable.
- If you eat meat, add meatless meals into the week.
- Always make a shopping list so you only buy what you need.

GAP is here to help! info@globalactionplan.ie / (01) 883 2185

For more detailed information view our sustainable living guides:
www.globalactionplan.ie/take-action

