

Pledge Table	Sustainability Impact	No of pledges	Impact if everyone keep to the pledge over a year or more
Boiling only the water needed	Reduce Carbon dioxide emissions by more then 7Kgs a year	22	154 Kgs per year
Turning biodegradable waste into compost	Each person dumps 194kg of organic waste a year. That is the equivalent of 12,900 apple cores	7	1358Kgs per year or 90300 apple cores.
Reusing plastic bags for shopping	Throwing away four fewer plastic bags every week, would save 4,160 bags from ending up in landfill sites over 20 years.	15	62400 bags saved from the landfill
Switching off the TV or PC rather then leave on stand by	Over a year this will save 30kg of carbon dioxide from being emitted into the air - the same as that absorbed by 10 trees.	23	690 kgs a year or the same amount absorbed by 230 trees
Replacing one return flight with travel by train	For a journey between London and Glasgow this would save 528kg of carbon dioxide. It would take 176 trees a whole year to absorb that much gas.	1	
Switching household energy sources	The average British household uses 1,892 kg of carbon dioxide. this could be reduced to zero by switching your electricity supply to a green tariff. The equivalent of planting 631 trees.	1	
Replacing two light bulbs to energy saving bulbs	Over one year, it would take 13 trees to absorb the 40kg of CO2 emitted into the air.	11	That's 440 kg of CO2 and 143 trees
Insulate loft and hot water tank	Insulate your loft (with 15cm), would save 1,129kg of CO2 a year. Insulating your hot water tank would save 454kg of CO2 a year. To absorb 1,583kg of CO2 would need 528 trees	5	7915 kg CO2 per year that would require 2640 trees to absorb it
Share car journeys or use public transport	The average car commute is 19 miles a day. Cutting that by half by car sharing would save 648kg of carbon dioxide over one year, the same as that absorbed by 216 trees	2	1296 kg CO2 a year which to- absorb would require 432 trees
Take a shower instead of baths	A daily bath uses 16, 425 litres more water a year than a shower.	18	295650 litre a year saved*
Turn the tap off when brushing your teeth	If you brush your teeth for three minutes, twice a day with the tap running while you clean your teeth, you are wasting 10,950 litres of water a year.	21	Your saving 229950 litres a year*
Volunteering for a green project	You would be helping your local community as well as meeting new people	0	The feel good factor :-)
Other		5	
Not mowing the lawn for a week	Reducing C02 emissions to the atmosphere from the mower and increasing the amount of CO2 absorbed by the grass.		
Cycling into work one day a week	Helps prevent strokes, diabetes. Lowers blood pressure and resting heart rate. Increase the likelihood of you losing weight as you burn calories and raise your metabolic rate.		
Using local food products	A recent study on food miles stated that an average Christmas dinner could have travelled over 20,000 miles before it reaches the supermarket. Compare that to the 300 miles it would have travelled if the produce were bought from a farmers market		
Planting a tree in your garden	One hectare of woodland grown to maturity and looked after forever would absorb the carbon emissions of 100 average family cars driven for one year.		

* over five years you would save enough water to fill a Olympic swimming pool – that's about 1,480,000 litres of water!

* an average petrol tanker holds 41500 litres so you would be saving 5 1/2 petrol tankers a year of water

[Return](#) to previous page