Checklist

Tick each one – Give yourself one point per item and count the points at the end

Cost savings and tips in blue

Travel	Tick
I plan my journeys ahead of time	
I shop locally	
I used public transport rather than a car/taxi	
Wellbeing	
I went outside for 5 minutes today	
I walked to the local shops (fresh air is good for the soul) Exercising everyday means that my metabolism is higher, which increases well-being and raises the bodies core temperature which mean you are less likely to feel the cold.	
I choose to buy fresh food Buying loose fruit and veg is always fresher and healthier than pre-packaged food- plus pre-packaged food is often more expensive and not eco-friendly.	
I am eating more fruit and veg Eating my recommended 5 fruit and veg a day (rather than take-outs and ready-made meals) means I feel healthier, improves my well-being and makes me feel more positive.	
Heating & energy consumption	
I understand how the boiler works	
I reduced the thermostat by 1 degree Turning down the thermostat by 1 degree Celsius can save £105 per year	
I turn off my Microwave when I am not using it. Did you know the digital dashboard consumes more electricity every year that the energy used to cook food?	
I turned all appliances off at night Turning appliances off rather than leaving them on standby – can save £55 per year Get an extension lead to make it easier.	
I switched the light off when I left a room? Ensuring lights are switched off when leaving the room – can save £20 per year	

I use A rated energy saving LED light bulbs in every room, if I am responsible for changing them, if not, I encourage my Nacro project teams to switch to energy saving LED light bulbs.	
I made sure I did not put too much water in the kettle when boiling water Not overfilling the kettle when boiling water – can save £11 per year	
I close the windows when the heating is on	
I put a jumper on rather than switched my heating on	
I used the washing machine at 30°C (instead of higher temperatures) You can save around £28 a year from your energy bill just by using your washing machine more carefully.	
I used the washing machine 'eco' or low energy modes	
I dry my clothes outside in warmer weather to save £60 a year.	
If I have a dishwasher, I only run it when it is full. Only run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use by one run per week for a year could save you £14.	
I block out draughts. If there's a gap at the bottom of your door, block it with a draught excluder – you can make one stuffed with used plastic bags or bits of spare material. For windows, heavy curtains can make a real difference to how much heat is lost during the winter – and in the summer, blinds can help keep rooms cooler, so you don't need to use a fan!	
I plan meals and have reduced the amount of food waste every week by using left over food as ingredients in other meals - this means I use less energy to cook food. Batch cooking and freezing helps reduce waste and use the cooker less often.	
Damp	
I dry clothes in a ventilated area Drying clothes on a radiator increases humidity and can cause damp, so if you need to dry clothes indoors, do it in a ventilated area.	
Recycling	
I know which bins to use for recycling	
I washed up a plastic container and put it in the recycle bin.	