

TEN WAYS TO BECOME A LOW-CARBON FAMILY

Family life can be hectic and expensive, but it doesn't have to be high in emissions. Follow these tips to reduce your household's carbon footprint... and save money!

↘ www.1010uk.org/101010/resources

1 Have a low-carbon Sunday lunch

Getting the family around the table for a Sunday roast is a time-honoured tradition that is often sadly neglected. Sourcing locally-grown veggies, and trying a lower-carbon menu for the day, as well as adopting energy-saving cooking methods, can be fun ways to teach kids where food comes from while reducing emissions. Check out our [tip sheet](#) for more info.

↘ bit.ly/4JJK1K1

2 Play draft-busters!

Get everyone involved in making your home more energy efficient by seeking out those troublesome gaps in window frames, doors and floorboards. Use a lit incense stick to help you locate the offending leaks, and plug them with decorators' caulk or window seals. Meanwhile get creative with the kids making some funky [draft excluders](#).

↘ bit.ly/9PHFDM

3 You rotters!

Using a [composter](#) or [food recycling bin](#) to dispose of your food waste will dramatically reduce the amount of rubbish your family consigns to landfill. Of course, with around a third of all landfill being made up of food waste, it also makes sense to plan shops more thoroughly, but composting is great for the garden and a brilliant way to intrigue inquisitive little minds.

↘ www.loco2travel.com

www.seat61.com

4 Plan an overland adventure

OK, so holiday season's over for this year, but there's no reason you can't start thinking about your family holiday for 2011 – and how you can swap short-haul flights for overland adventures. Sites like [loco2](#) and [themanatseat61](#) help you organise plane-free travel to European destinations. Or why not plan a UK [staycation](#)?

↘ bit.ly/8eUhg9

5 Do the maths!

By installing an energy monitor in your home you can not only see how much electricity you are using – you can also engage your family in energy saving. Turn the kids into 'Power Rangers' checking lights are switched off, and working out how much money they've saved. Maybe they could keep some of the cash as pocket money?

TICK ME WHEN DONE

6 Swap stuff

A [Swishing](#) party, where friends bring unwanted clothes purchases to swap, is a low-carbon way of freshening up your wardrobe for free. But it doesn't have to be clothes. Give neglected toys and games a new lease of life by swapping them with other parents – just make sure you ask the kids before swapping their favourites!

↘ www.swishing.org

7 Nappy talk

If you're using reusable nappies, try washing them at 60° or lower and line-dry them where possible. These simple steps can cut the carbon emissions produced from washing them by more than half.

↘ www.vimeo.com/1302131

8 On your bike!

With winter almost upon us and the evenings getting darker, it's an essential time to make sure your bikes are roadworthy and that your lights have batteries. Pay special attention to your brakes and why not get the best out of the days before winter with a family bike ride? Check out our [video](#) on bike maintenance.

↘ www.1010uk.org/101010/resources

9 Hold an eco audit

Spend a few minutes as a family thinking about your daily energy use and how you can make your household more efficient. Is the boiler set to keep running after you've all left for work or school? Are all your lightbulbs low-energy? How thick is the lagging in your loft? For more energy saving tips and switch-off stickers visit the [10:10:10 resources page](#).

10 Share your success

Take a picture of your family's 10:10:10 carbon-cutting activity and send it to us via the 10:10:10 site. On Sunday 10th October we'll be creating a massive gallery of images showing people all over the world, from world leaders putting solar panels on their homes to tree plantings in every country in Africa. Send your photos to photos@1010global.org

Find out how others are meeting their 10:10 challenge at www.1010uk.org