



ONE PLANET
S T A N D A R D

Quick guide to reducing your ecological footprint

**FOR INDIVIDUALS, HOUSEHOLDS
AND SMALLER ORGANISATIONS**





- Buildings
- Water
- Transport
- Nature
- Waste
- Plastic
- Food
- Natural resources
- Procurement



Carbon emissions from **BUILDINGS**

WHAT TO MEASURE: Amount spent on fossil fuels and non-renewable electricity per year

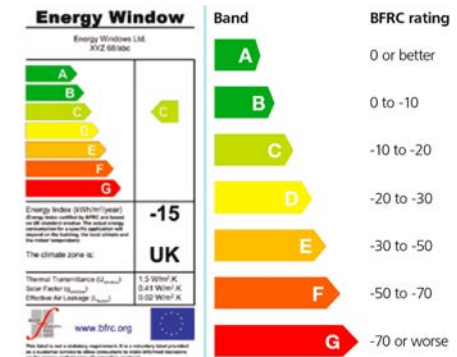
TARGET: Zero

DO – in this order:

1. Switch to a renewable electricity and gas tariff or supplier
2. Fit LEDs for all lighting
3. Conduct awareness raising campaigns – "switch it off when not in use"
4. Fit a plug-and-play real-time electricity monitor & use it!
5. Check whole building for draughts and seal them!
6. Insulate all hot water pipes
7. Use timers on standby equipment
8. Fit heating and cooling controls – 18-20°C is fine for most conditions
9. Fit a modern 95% efficient boiler
10. Buying new equipment? Ensure it's energy label 'A' rated
11. Fit occupancy sensor controls for lighting and hot water taps
12. Insulate lofts, then walls and floors
13. Fit 'A' energy label doors and windows
14. Source or install your own renewable energy generation.

DON'T!

- >> Leave things switched on all the time and when not in use!
- >> Fill kettles more than you need!



Water

WHAT TO MEASURE: Amount spent on water per year

TARGET: Lower

Proceed in order through:

1. Stop water waste
2. Improve efficiency
3. Use rainwater
4. Reuse water
5. Treat your water and reclaim nutrients.

Ways to improve efficiency:

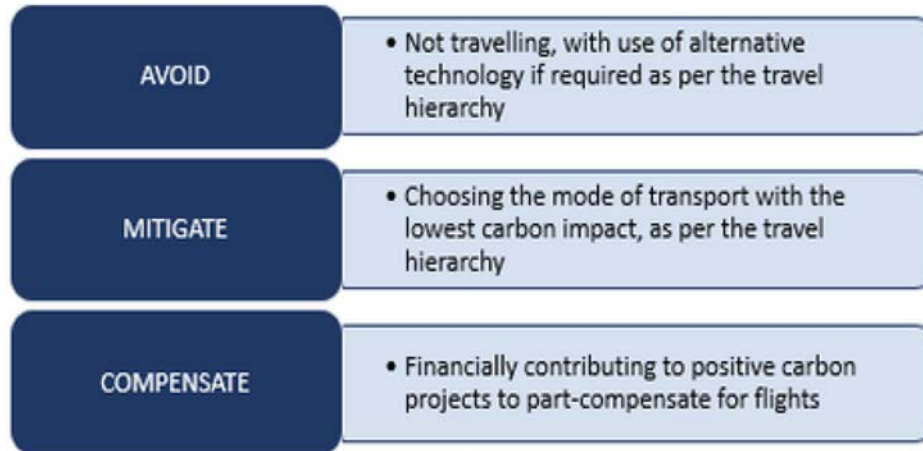
- Fit water meters
- Check for leaks and dripping taps
- Fit water-efficient taps, showerheads and cisterns
- Fit user sensors on hot water taps
- Don't use drinking water for other uses – replace with rainwater or greywater
- Fit waterless urinals
- Have showers not baths.



Travel

WHAT TO MEASURE: Amount spent on diesel or petrol per year

TARGET: Zero



What to do: from best to worst!

1. Avoid motorised transport completely – encourage walking and cycling
2. Avoid flying
3. Use public transport
4. Use a community vehicle share powered by renewable energy
5. Use a vehicle share powered by petrol
6. Use a vehicle share powered by diesel
7. Have your own smaller car
8. Have your own larger vehicle (SUV) & use it every trip.

Waste

WHAT TO MEASURE: Percentage and weight of total waste sent to landfill

TARGET: Zero



Make it easy to recycle



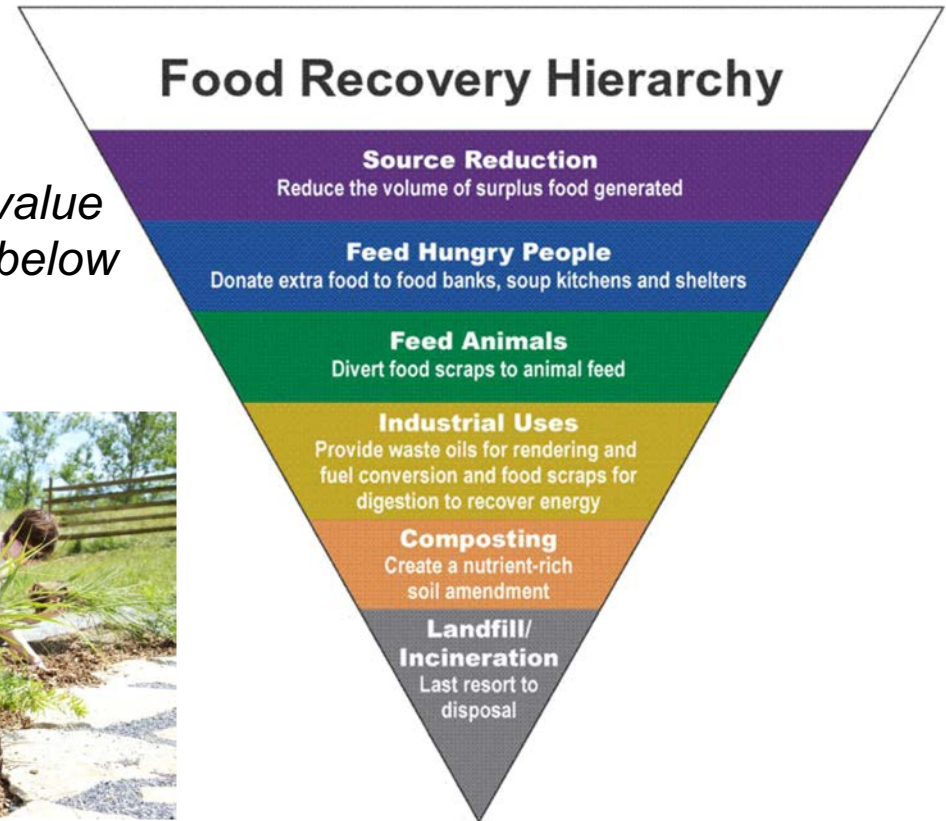
Ideas:

- Design out waste, short life, and plastics from products and their manufacture
- Design in products to be reused and recycled
- Manufacture products from recycled materials
- Minimise products' lifecycle impact
- Reward waste minimisation and sorting of waste, especially plastics
- Reclaim food and organic waste by composting or anaerobic digestion
- Repair things when broken and upcycle/reuse
- Exchange, swop, repair, sell or use waste
- Create or join a local waste exchange club to find a use or market for your used or recycled materials.

Food

WHAT TO MEASURE: *Percentage of total food value sourced from the means below*

TARGET: 100%



What to do:

1. Reduce food waste
2. Buy from local suppliers
3. Buy organic food
4. Buy seasonal food
5. Reduce the amount of meat and animal products
6. Buy less processed food
7. Grow more of your own food
8. Sprout seeds on your windowsill.



Natural Resources

WHAT TO MEASURE: *Number and extent of measures to introduce nature*

TARGET: *More*

WHAT TO DO:

- Compost food and other organic waste
- Don't cover – and remove from – outside areas with Tarmac, impervious paving or concrete. Use permeable ones.
- Plant native fruit/nut trees & bushes, vegetables & flowers
- Feed the soil with organic material
- Create ponds and natural wetlands to manage floods
- Create managed reed beds for sanitation treatment
- Let wildflowers blossom and seed for bees and butterflies
- Feed the birds
- Cover walls with climbers such as honeysuckle, ivy and clematis
- Sow legumes, clover, lupins & mustard to fix nitrogen in soil
- Make homes for bees, bugs, birds, animals
- Don't use slug pellets and pesticide or herbicide
- Only use peat free compost.



Pond and orchard



Green hanging-out space



Permeable surface

Purchasing

WHAT TO MEASURE: Annual value & proportion of spend on green purchasing.

AND savings from not purchasing.

TARGET: Higher

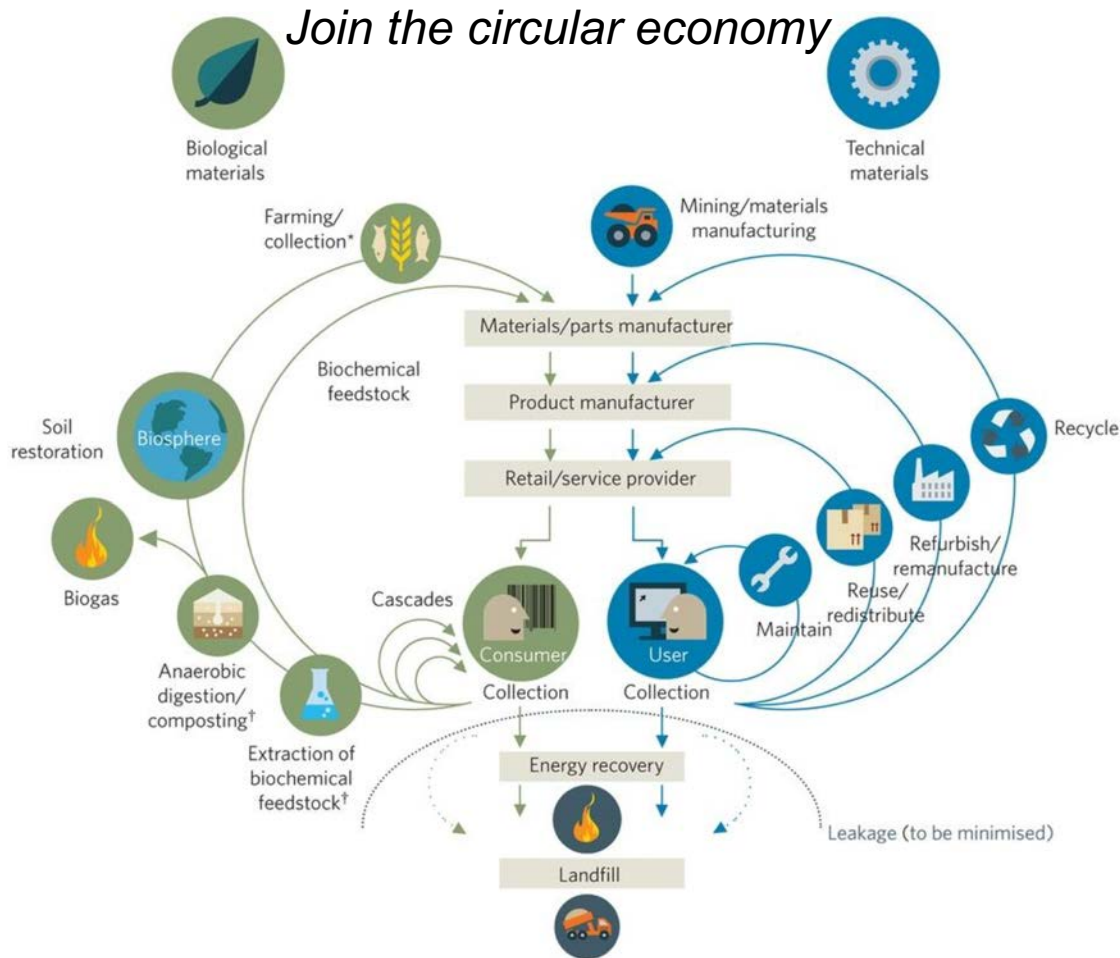
DON'T impulse buy!

WHAT TO DO:

1. Buy less: appreciate & improve/adapt what you have
2. Buy wisely: greener & fairer
3. Buy pre-used
2. Repair, upcycle and reuse
3. Share and swop with others.

Greener products are made:

- to consume less energy - always read the ecolabel & energy rating advice
- to last, be repairable and recyclable
- from environmentally friendly materials, plastic-free or from recycled materials
- in a way that reduces their impact
- to be compostable, repairable, reusable or recyclable
- nearer to you, and by “greener” companies
- free of plastic packaging





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