

ENERGY CHOICE CARDS

An activity to hone your energy saving decision making

Instructions:

In the UK we use, on average 195kWh of energy each day. (The food we eat gives our bodies only 3 kWh, 2 kWh going to maintain our body temperature.) Occasional items, like flying, are averaged out over the year. If we can save 20kWh a day, we are reducing our carbon footprint by about 10%.

To make two sets of cards:

Print out Energy Choice Cards 1-6. Then print the same cards again on the reverse sides of the first set.

Print out the column headings twice (Good, Better, Best).

Laminate (if wished) and then cut out all the cards.

To make playing boards:

Your cloth board when finished will measure about 20" x 21". Start with cloth about 23" x 24". Turn under about an inch on each side to hem. Use a thick marker to divide the rows and columns.

The board can be folded and stored in an A4 plastic pocket with its cards for storage and transport.

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To Play:

Each card has an action on one side and the kWh/day it may save written on the reverse. Players should work together to decide in which column they place each card. When they are all happy with their decisions, they turn the cards over to check their guesses with reality.

It is also interesting to try to rate the actions in order of effectiveness without using the board.

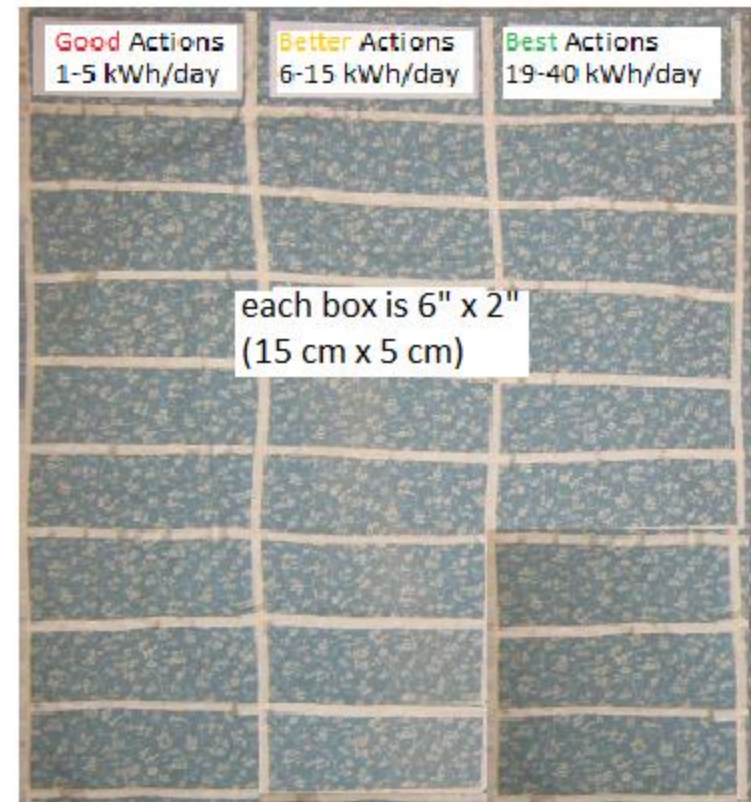
Information on the cards is based on David MacKay's *Sustainability without the Hot Air* (2009). Devised by Harriet Martin (Cotteridge Mtg) & based on actions cited by members of Central England Area Mtg in 11/09.

N.b. Buying from a (genuinely) sustainable electricity provider is good (see www.greenelectricity.org) particularly if it encourages providers to build more windmills etc., but difficulty in providers getting planning permission means there is a real shortage of electricity from renewable sources - using less electricity is by far the better option.

Good Actions
1-4 kWh/day

Better Actions
5-15 kWh/day

Best Actions
19-40⁺ kWh/day



It is probably easiest to draw the "board" on some fabric (old pillow case?) with a marker pen.



Cycle hard for 10 hours
to generate electricity
for one 10W LED bulb.

Save about 1 kWh per
person each day



Wash clothes at 30 °C

Save about 1 kWh per
wash load



Dry clothes on the line.

Save about 2 kWh per
hour of tumble drying



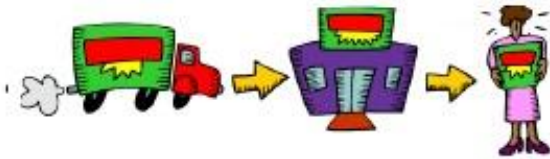
Buy local & in season,
grow more own food

Save about 3kWh per
person each day



Improve loft insulation
from 6cm to 24cm.

Save about 3kWh per
person each day



Recycle more.

Recycling 3 aluminium tins,
5 plastic bottles & 1 newspaper
would save about 3 kWh daily.



Never waste food
(freeze leftovers;
make soups etc.).

Save 4 kWh/day per person
(more if waste is meat)



Use LED or low energy
bulbs; always turn off
unnecessary lights.

Save about 4 kWh per
person per day



Eat meat only every other day

Save about 5 kWh per person each day



Read meter & record electricity use; A+++ appliances; turn off all elec. items at wall.

Save about 6 kWh per person each day



Drop thermostat 2° C or reduce heating time 20%

Save about 8 kWh per household each day



Double glaze windows & block all draughts

Save about 10kWh per household each day



Install 16 solar PV panels (4kWp) & buy electricity from 100% green company

Generate c. 10kWh/day. Use c. 4kWh yourself & sell remainder to grid. Buy 100% green electricity if you want to claim all 10kWh generated as yours!



Insulate walls

Save about 10 kWh per household each day



Insulate loft (from 0 to 24cm)

Save about 12kWh per household each day



Eat low CO2 diet: no beef, lamb, prawns or cheese but occasional eggs and chicken.

Save about 15 kWh per person each day.



Give a wondrous gift to children of today & tomorrow--don't fly!



Buy only needs, not wants.
Spend £1,500/yr less on stuff.



No car -
walk, cycle, bus & train



Join or form a group;
lobby for divestment and
on-shore wind?

Save about 30kWh per person each day for 24 hours flying time.

Save about 30 kWh per person. Give £1,500 to environmental charities?

Save about 40kWh for every 30 miles travelled (typical day's driving)

Quite literally, the sky's the limit!



Replace your car with an electric car.

Save about 20 kWh/day if driving around 30 miles a day.



Find room for another person in my house

Save about 24kWh per person per day