

Eco+ Programs

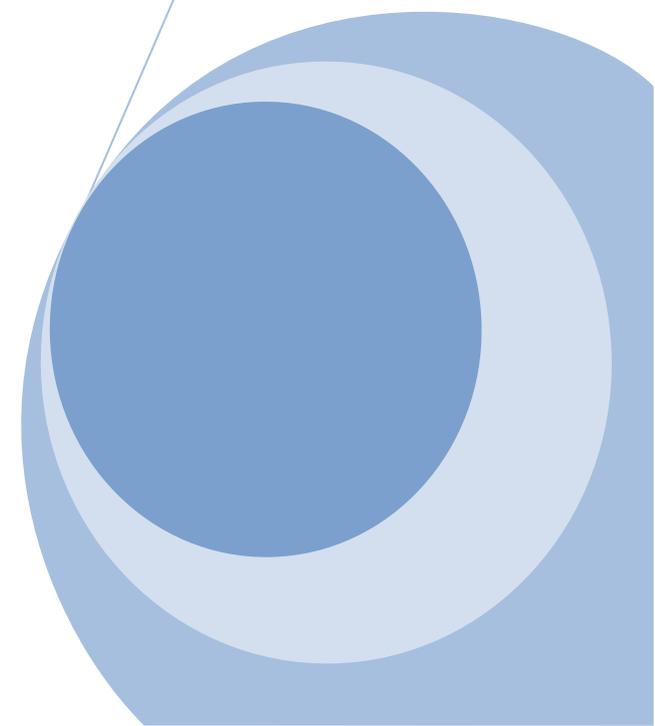
Eco+30

Be-Ecolo offers you coaching sessions to reduce your energy consumption, in order to save money and to decrease your consumption of energy

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Standard Eco+ Program

Introduction

Apart from the usual methods, Be-Ecolo offers you coaching sessions to reduce your energy consumption. The programs offered here are more or less restrictive and are based on reductions in energy consumption by 30 to 90% with respect to the norm in industrialized countries. The aim of this program is to respect both nature and one's wallet, but without having to seriously reconsider one's little consumption habits.

NB: These programs do not guarantee to help you lower your co2 emissions rate by a precise amount since no one can precisely calculate his/her co2 emissions, especially because of indirect emissions linked to food production, for example. Nevertheless, these programs aim to drastically reduce your co2 emissions and other forms of pollution whilst taking care of your wallet.



Program no. 1: Standard Eco+ (-30%)

Transportation

Don't change (almost) any of your habits in terms of the number of journeys made, the type of transportation, etc. Just consider optimizing your journeys: car pool with friends whenever possible, optimize your journeys to restrict the amount of transportation, etc. For short journeys that are less than 500 meters, don't take your car. When the occasion arises, choose the TGV, which is safer, faster, and cheaper for a single person, and pollutes less than the car.

Next, drive intelligently: smooth driving, "engine braking" when you see a red light ahead so as to maintain a certain speed, etc. In addition to this, don't forget to remove empty roof racks that consume fuel for nothing, inflate your tires well (about -2% of consumption), and keep your car in good shape. Last of all, avoid going too fast whenever possible: limit your speed on the freeway to between 120 and 130 km/h, and choose high quality fuels when filling up the tank.



Food

Choose big packagings over small ones as they contain proportionately less packaging material, but be careful not to buy so much in bulk that you risk having to throw some out. Choose in-season produce, which are cheaper and generate less pollution than imported produce. Choose tap water over mineral water. Choose fresh produce over frozen foods. If possible, replace meat with fish, and beef with pork. It will be cheaper and pollutes less: the amount of pollution generated from the production of one kilo of steak is as much as that from traveling 100 to 150 km in a car.

At home

Electricity

Replace incandescent light bulbs with low energy ones that consume between 75 and 80% less electricity for the same brightness level.

Equip your house with power strips into which you can plug all appliances such as the TV, computer, etc. Switch the power strip off when the appliances are not in use to avoid wasting energy on standby mode.

When replacing old household appliances, always opt for appliances rated in categories A, A+, and A++, which are certainly more expensive at the time of purchase, but are more economical in the long term and more ecological as well.

Heating

Instead of setting the temperature to 20°C, don't heat your home to more than 19°C. Keep your boiler well maintained in order to improve its efficiency and reduce its consumption. If you have an oil boiler that is running out of steam, replace it with a gas one.

Water

Opt for showers instead of baths. Shower at 35°C instead of 40°C. A 180 liter bath consumes 3 times as much energy as a 60 liter shower...
Get a dual flush toilet system so as to restrict water consumption when flushing down "number one".

Avoid leaving the faucet running when brushing your teeth.
Wash dishes in a dishwasher instead of by hand, which saves water and energy if the dishwasher is fully loaded.

Consumer goods

Limit your consumption of industrially made goods; buy a few quality products rather than many low end ones.

Choose locally made products instead of those imported from China, which pollute a great deal during their journey, are often of poor quality and are generally produced in dubious working conditions.

Bring used batteries, low energy lamps, electronic equipment etc. to the recycling center. Instead of throwing things away, adopt the exchanging attitude: give clothes away to friends or cousins, reuse old clothes as rags or dusters, etc.

If you have a garden, make compost out of organic waste instead of buying fertilizers; this will produce natural, good quality soil.

Conclusion:

If you reduce your fuel expenses by 30%, save several hundreds of dollars on food and through exchanging stuff, save some \$70 a year by using low energy light bulbs, here's what you can buy your family on a regular basis (say every 3 to 5 years) with the accumulated savings – therefore, ultimately without costing you anything:



Tahiti

Or this once every two to three years:



It's your choice ☺