

Eco+ Programs

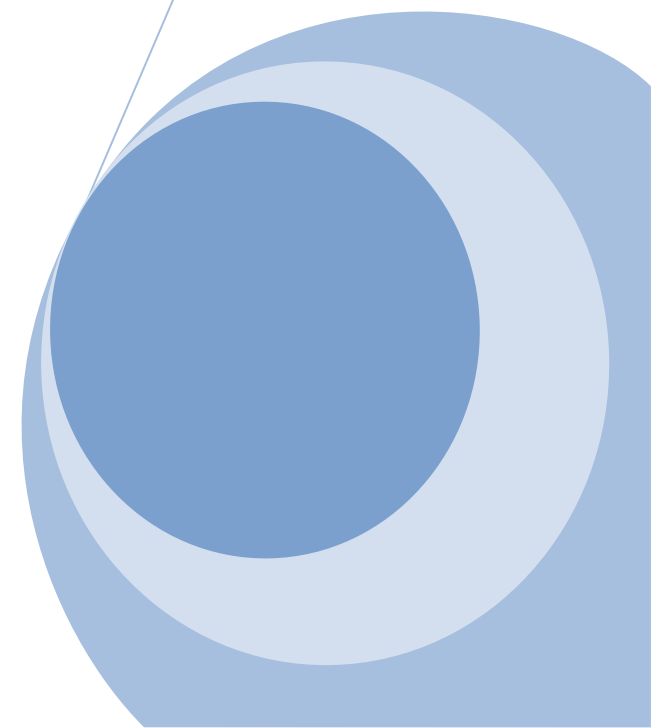
Eco+60

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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20/11/2009



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 of 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.



Transportation

Optimize your journeys as far as possible. First choice of tremendous importance: where you live. Living at 20 km from your workplace means that a couple with 2 cars drives 80 kilometers a day, 1 600 km a month, and 19 200 km a year, just to get to and from work. That is, some 3 tons of co2 emitted and some 7 000 dollars spent on transport. So, live close to your workplace.

If you currently own an old vehicle that you are thinking of changing, replace it with a so-called eco-vehicle. But don't change your vehicle for one that pollutes slightly less if your current car is still holding up: indeed, manufacturing a new car generates a tremendous amount of co2... which will be difficult to compensate if the difference in consumption between the old and new cars is not obvious.

While no car is truly ecological, new cars nevertheless have the advantage of being less fuel-intensive than their predecessors. What's available: the Toyota Prius, a city car whose consumption falls under 3 liters per 100 km.

NB: Remember, don't change your vehicle unless its state of wear justifies it being replaced. Indeed, car manufacturing consumes a tremendous amount of energy and emits a lot of co2. It's not always wise to get rid of a car with a consumption of 5 liters / 100 km for one that consumes 4 liters, if it's still in a good state...

With regard to the car itself, replace your old tires with eco-friendly ones from Michelin; this will reduce fuel consumption by several tens of liters for every 100 km. Inflate your tires well, don't place a roof rack on the car, check that the air filter is in perfect working order. Always use high quality fuels. For the experts, by all means drive on (vegetable) oil as long as the technical characteristics of your car allow it.

When it comes to journeys, never use the car for distances less than 1 km because the car pollutes twice more than the average. For very long distances, choose the train over the car, or the plane over the car if you are traveling alone, since a journey by plane emits about 100 grams of co2/km/passenger as opposed to 150 to 200g/km for a single person in a car. Always choose the train, boat, bus, coach, bicycle, walking, etc. over the car. Consider the car to be an emergency option.

If you have to use your car in spite of everything, optimize your driving by doing so as smoothly as possible, and so on. Thus, with this objective in mind, read about the Clean Driving method at the following address:

<http://www.be-ecolo.com/clean-driving.php>

Alimentation

Eat meat only on rare occasions: once or twice a week at the very most, and eat fish once or twice a week as well. Restrict your consumption of red meat, such as beef, as far as possible. As it is, eating a cheeseburger containing 60 grams of beef emits as much co2 as traveling over ten kilometers by car...

As far as possible, buy products that come from organic farming and buy more fresh produce (local, if possible), at the expense of industrially made products. Organic, fresh, and local produce are often less expensive, better for health (see the section on food on this website) and their production is less pollutive: little or no packaging, direct sale without any transit in trucks, etc.

Pay attention to wastage: instead of throwing food away, start with smaller portions and have seconds if you wish. Reuse leftovers.

Typical fare that anyone would enjoy: fresh, tasty, economical and ecological



Greek Salad

At home

If you are having your house built, do it in a reasonable manner, e.g. build it facing south, etc. A house that is built optimally will provide you with substantial savings in terms of lighting, heating, etc. Similarly, remember to insulate your house – from 20 to 30 cm of insulation at the very least, such as installing solar panels or an HEQ (High Environmental Quality) boiler, which is less expensive and more useful.

The installation of the panels and the boiler will only be fully justified once the house is perfectly insulated.

Insulate your house well, especially the windows and roofs. Double and triple glazing of north-oriented windows, reinforced insulation of exterior walls, basic insulation of interiors, etc.

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

Heat your home to no more than 18°C instead of to 20°C, and keep it to 17°C in the bedrooms. Keep your boiler well maintained in order to improve its efficiency and reduce its consumption.

If it is an oil or gas boiler that is worn-down, replace it with a low temperature gas condensing boiler with a backup electrical system to limit consumption during extreme cold weather periods. If possible, consider getting a heat pump.

Water

Opt for showers instead of baths. Shower at 35°C rather than 40°C. Limit the flow of water in the shower by using new water-saving shower heads. It is better to shower with 30 liters at 32°C a day than with 50 liters at 40°C, or than taking a bath...

Get a dual flush toilet system so as to restrict water consumption when flushing down "number one". If you need to, place a brick in your toilet tank to reduce its capacity and therefore your water consumption. For a family of four where each person uses the toilet 4 times a day, saving 5 liters of water for 3 "number ones" saves 60 liters of water a day, i.e. 20 cubic meters per year, or in other words, 84 dollars.

84 bucks...



Other possible ways of saving water: 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. Or if you have a garage, place a bucket underneath your tap. When you wash your hands, the water that collects in the bucket can later be used for watering the plants.

Finally, install a rainwater collection tank in the garden so as to use less potable water for watering the garden.

Other advice

Never use a clothes dryer; opt for the natural way of drying your clothes instead.
Air out your house at the hottest time of the day

Consumer goods

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

Favor locally made products rather than those imported from China, which pollute a lot during their journey. Shun products that are ecologically absurd (langoustines that are fished in Ireland, shelled in Thailand before being re-exported to Ireland, etc.) in favor of more simple, natural products.

Bring used batteries, low energy lamps, and electrical equipment, etc. to the recycling center. And most of all, don't buy (ordinary) batteries – use rechargeable ones instead – and restrict the consumption of electronic appliances: what is it the use of changing one's cell phone every 12 months when their lifespan can be up to 7 years?

Before making a purchase, ask yourself if it will really make you happier and why you want it: do you really need it? Is it the result of marketing (cf Apple's I-Touch and co., Actimel, etc.)? Restrict your consumption of useless products. And, 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.

