

## Eco+ Programs

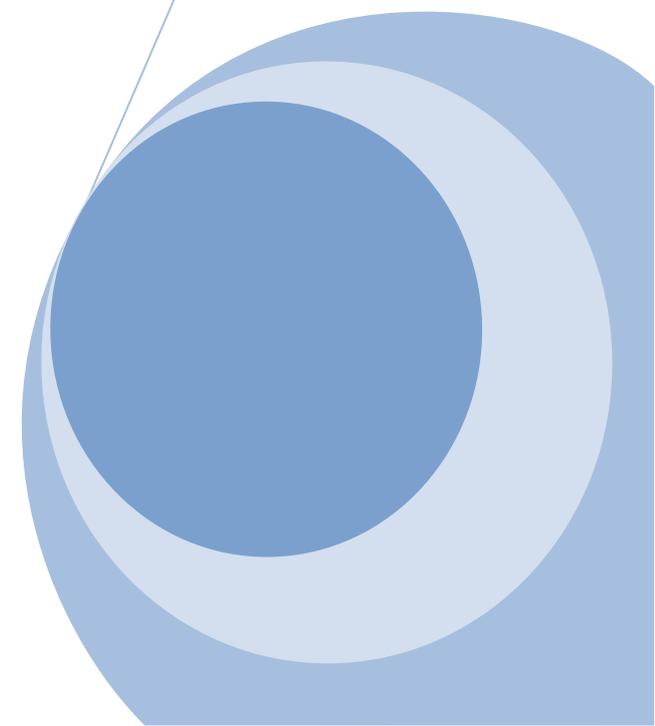
Eco+90

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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## 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 of 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 several 7 000 dollars spent on transport. So, live close to your workplace.

If you want to own a vehicle, it should be of the highest possible quality: 3.5 liters/100 km should be the maximum acceptable consumption. A clean little sedan, such as the Smart, or on the other extreme, a Prius for family use only, would be acceptable. But first and foremost, the best would be not to own a car at all, and to drive as least as possible and only when no other solution will do.



*Even though the Prius is a car that emits little co2, it remains the most fuel-intensive model that you should buy*

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, and check that the air filter is in perfect working order. Always use high quality fuels. Obviously, drive on (vegetable) oil, ethanol or E85, and don't fill the tank with high end fuels (Total Excellium, BP Ultima) except on rare occasions.

When it comes to your journeys, never use the car alone: have your shopping delivered or even better, do your shopping at the local greengrocer's. To get to work, you have the choice of taking the bus, cycling, walking, or at the very least, car pooling with a colleague or your other half.

Never use your car for journeys less than 2 km, which are the most pollutive; nor for long journeys, keeping in mind that a trip between Paris and Marseille produces some 150 kg of co2 for a car that consumes 6 liters/100 km, as opposed to 5 kg per high speed train passenger... That is, 97% less for a single person; 84% less for 5 people in a car. Shun air travel whenever possible and avoid spending weekends at the other side of the world. Opt to travel near rather than far.

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>

Last of all, quite obviously, you should offset up to 100% of your co2 emissions **at the very least** so as to reduce your ecological footprint and the pollution associated with your journeys. To find out more, take a look at

<http://www.co2solidaire.org>

## Food

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...

Buy good quality products: make organic products part of your everyday life, as well as fair trade products and fresh produce. Buy local and shun products that are overly exotic - except from time to time: after all, you must treat yourself once in a while. Shun industrially made products. Good quality products 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. Leftover leftovers can be given to the dog if they haven't gone bad, or used for compost otherwise. 0% of your food needs to go into the bin.

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. Last of all, don't build a house that is bigger than necessary in order to reduce expenses on useless raw materials. The paints, insulation materials, varnish etc. should not contain harmful chemical products. Choose tiles over carpet, the latter being absurd from an ecological and sanitary point of view.

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. Similarly, a controlled ventilation system with heat recovery, a heat pump and/or a wood chip boiler should form part of the basics.

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 or 19°C instead of 20°C, and keep it to 17°C in the bedrooms. Make sure your boiler is well maintained in order to improve its efficiency and reduce its consumption.

Finally, to keep warm, you have the choice between:

- Wood boilers
  - Co generators
  - Solar heating
  - Heat pumps
- Electric heating supplied by green energy, especially from suppliers such as Enercoop (a French supplier of electricity which comes from green sources).

## 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. A 30 liter shower at 32°C once a day is better than a 50 liter one at 40°C, or a bath... Collect this shower water or rainwater for flushing the toilet.

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... Mmm**



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 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.

