



An Taisce
The National Trust for Ireland



GreenHome



Householder's
Handbook



What is the *Green Home* Programme?

Green Home, established in 2006, is an environmental programme designed for you as a householder to use within your own home. You are asked to take on certain actions and perhaps alter your environmental behaviour in some small ways. You can do this without changing your quality of life and you could save money on your household bills.

Who runs and develops the Programme?

The programme is run by An Taisce Education Unit in partnership with the Environmental Protection Agency (EPA) under their National Waste Prevention Programme.

What are the advantages of taking part in the *Green Home* Programme?

You can enjoy watching those waste and fuel bills tumble as you put our simple tips into action and feel good knowing you're being kind to the planet!!

How can I take part in the *Green Home* Programme?

You can take part in the **Green Home** Programme as an individual householder or as part of a group by:

- A. Registering on our website www.greenhome.ie
- B. Completing the surveys in this book.

Is there an Award for achieving a 'Greener' home?

Yes! You will receive a **Green Home** Certificate/Plaque in recognition of your efforts.

How to use this handbook

Just follow our 3 easy steps!



1. FILL IN the *Green Home* Survey 1 and send to us

The results could look something like this:

24% Green Home – this home has lots of scope for improvement

85% Green Home – this home has just some small adjustments to make



2. FOLLOW the simple tips under the four themes.

We suggest you start with the easier actions, see how you can save and then set a goal or target to aim for, (see *Green Home Action Plans* enclosed and www.greenhome.ie for tips & ideas)



3. FILL IN *Green Home* Survey 2

Return to us and we'll send on your new result! We advise that you allow 3-6 months before submitting your second survey to our office. This gives you a chance to implement some of the tips to start noticing the savings.

We wish you all the best with your **Green Home** endeavours and look forward to receiving your first survey.

Remember, no one can do everything but everyone can do something!

GreenHome HOUSEHOLDER SURVEY 1



(PLEASE PRINT IN BLOCK CAPITALS)

Forename _____

Surname _____

Email: _____

Questions

Always Some-times Not Sure No/ Never

	Always	Some-times	Not Sure	No/ Never
Q1. We turn off lights when not in use				
Q2. We turn off electrical equipment fully (not on stand-by mode)				
Q3. We turn heat down in unused rooms				
Q4. We have invested in heat saving measures in the last two years				
Q5. Our radiators have thermostatic radiator valves				
Q6. We close the curtains as a heat saving measure in winter time				
Q7. We continually invest in extra insulation for the house				
Q8. The attic insulation is at least 300mm in thickness				
Q9. There is insulation on the hot water cylinder				
Q10. We keep a record of our gas/electricity/fuel bills				
Q11. We regularly service the boiler				
Q12. We use renewable energy in the home (solar, wood pellet etc)				
Q13. We use 'energy saving' light bulbs				
Q14. We buy 'energy saving' or A-rated appliances				
Q15. We use the washing-machine/dishwasher only when full				
Q16. We defrost the fridge/freezer at least once a year				
Q17. We dry clothes naturally whenever possible (avoiding tumble dryer)				
Q18. We use economy-showers instead of baths				
Q19. We collect rainwater for re-use				
Q20. We fix leaking taps quickly				
Q21. The toilet cisterns have dual flush or a 'hippo' device				
Q22. We avoid using a hose or sprinkler when watering the garden				
Q23. We use environmentally-friendly cleaning products				
Q24. We make our own household cleaning agents, using e.g. vinegar, soda crystals, lemons				
Q25. We ensure cooking/motor oil is never disposed of down drains				
Q26. We use a compost bin				
Q27. We use a wormery				
Q28. We clearly understand the difference between the terms 'Best Before' and 'Use by' date				
Q29. We avoid buying over-packaged goods				
Q30. We try to repair/reuse goods whenever possible				
Q31. We recycle paper				
Q32. We recycle plastic				
Q33. We recycle card-board				
Q34. We recycle used ink-jet cartridges (if applicable)				
Q35. We recycle batteries				
Q36. We use rechargeable batteries whenever possible				
Q37. We buy cars that are more fuel efficient				
Q38. We walk to our destination whenever possible				
Q39. We cycle to our destination whenever possible				
Q40. We take public transport whenever possible				
Q41. We check the tyre pressure on the car				
Q42. We buy locally-produced goods				

Tear here



Gently moisten glued edge on reverse and fold to close

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An Taisce - The National Trust for Ireland
5A Swift's Alley
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GOOD FOR YOUR POCKET – GOOD FOR THE ENVIRONMENT.

1. CLEVER SHOPPING HABITS		We will take this action!	Time Frame	Action taken
Before buying anything, always ask yourself "Do I really need this?"				
Always write a shopping list – and stick to it!!				
Always put your reusable bags in the car when finished with them				
2. AVOID EXCESS PACKAGING				
<i>Shopping List:</i> <i>Green Home Action</i>				
Fruit/Vegetables	Loose- avoid plastic bags, trays etc.			
Cereals	Bulk/cardboard			
Drinks	Avoid small cartons/bottles – buy in large bottles or concentrated			
Water	Avoid buying! Water quality is high in most areas. If in doubt, invest in a water filter			
Eggs	Buy in cardboard cartons where possible as they can be composted			
Meat/fish	Buy at the counter (always less packaging on it)			
Dog/cat food	Dry dog/cat meal – buy in bulk			
Biscuits	Buy in cardboard packaging – avoid individually wrapped			
Ketchup/Condiments	Buy in glass jars			
Microwave dinners	Cook large meals and freeze leftovers			
Nappies	Buy Eco-Nappies that decompose quickly			
3. AVOID THOSE DISPOSABLES!				
<i>Instead of these....</i>	<i>Try this option!</i>			
Paper kitchen towels	Washable tea towels/washable dishcloths			
Plastic cling wrap	Reusable containers with lids			
Razors	Replaceable blade-razors			
Paper Napkins/plates	Washable cloth napkins/washable plates			
Styrofoam cups	Washable cup			
Batteries	Rechargeable batteries			
4. HAVE A LEFT-OVER NIGHT	Instead of a take-away night Look up www.leftoverchef.com for ideas!			
5. START COMPOSTING	Get rid of at least half your waste Check out stopfoodwaste.ie for details			
6. TRY SOME WASTE EXCHANGE!	Look up www.jumbletown.ie www.dublinwaste.ie or freetradeireland.ie for ideas			
7. GROW YOUR OWN FRUIT AND VEG!	Cheap and nutritious – home grown produce cannot be beaten! Visit your local library for books on growing your own fruit and vegetables			
8. MAKE YOUR OWN CLEANING PRODUCTS	Find out about using lemons, vinegar and bread soda See www.greenhome.ie (<i>waste theme</i>)			

GreenHome ENERGY Action Plan



GOOD FOR YOUR POCKET – GOOD FOR THE ENVIRONMENT. SELECT ACTIONS FROM BELOW AND TICK OFF WHEN COMPLETED!

No-Cost Measures	We will take this action!	Time Frame	Action taken
Turn items off Stand-by mode and save €s on your electricity bill			
Turn off lights in unused rooms			
Avoid using tumbler dryer - Dry clothes naturally			
Avoid using grill			
Fill dishwasher and washing machine before use			
Turn down heating one degree (can reduce energy consumption by over 5%)			
Only boil water that's needed			
Low-Cost Measures	We will take this action!	Time Frame	Action taken
Replace blown bulbs with A-rated energy saving ones			
Save money by using lighting only in areas needed e.g. table lamps for reading			
Put insulation strips around doors			
Seal draughty letter boxes			
Lag pipes			
Fit economy shower heads			
Fit lagging jacket on immersion			
Place timer on Immersion			
Get Boiler serviced			
Block draughts from chimney			
Long-Term Investment	We will take this action!	Time Frame	Action taken
Increase attic insulation to at least 300mm (8 inches)			
Fill cavity walls			
Dry-line external walls			
Replace single glazed windows with double/triple glazed			
Purchase A-rated appliances			
Install zone heating system if you have a large house			
Fit Thermostatic Radiator Valves on old radiators			
Replace old boiler with a condensing boiler			
Install renewable energy e.g.solar			

GreenHome WATER Action Plan



GOOD FOR YOUR POCKET – GOOD FOR THE ENVIRONMENT. SELECT ACTIONS FROM BELOW AND TICK OFF WHEN COMPLETED!

KITCHEN	We will take this action!	Time Frame	Action taken
Use a basin to rinse/clean your fruit and vegetables			
Avoid pouring grease, fat or cooking oil down the drains			
Use sink to wash smaller amounts of dishes			
Purchase Water-Saving A-rated appliances			
Only use washing machine or dishwasher when full			
Fill the kettle with amount of water you actually need			
Purchase a 'Green Cleaning Kit' (baking soda, vinegar and a lemon!)			
Know how to turn off your water supply. (This could save thousands of litres of water and damage to your home in the event of a burst pipe)			
BATHROOM	We will take this action!	Time Frame	Action taken
Use a water-saving shower head (Can save 70,000l over it's lifetime)			
Only flush where necessary. (The average toilet uses 9–14 litres of water per flush)			
Insert a brick/plastic water bottle in cistern to save water on every flush			
If you have a septic tank avoid using bleach and other cleaning products			
Fix leaking taps (A leak of just one drop per second can waste 10,000 litres of water a year!)			
Don't leave the tap running while brushing your teeth			
Take a shower instead of a bath (A bath uses as much as 80 litres whereas a shower can use as little as 30 litres)			
Avoid power-showers (These use about 125l in 5 mins!)			
OUTSIDE	We will take this action!	Time Frame	Action taken
Use a bucket of water not a hose (Washing your car with a hose can use up to 300 litres which is equivalent to 33 buckets!)			
Avoid pouring oil or paints down the drains			
Use good mulch on your flowerbeds to reduce watering			
Collect rainwater from the roof and down pipes of your house into a water butt (check if your Local Authority provide water butts at cost)			
Purchase A-rated appliances			

GreenHome TRANSPORT Action Plan



GOOD FOR YOUR POCKET – GOOD FOR THE ENVIRONMENT. SELECT ACTIONS FROM BELOW AND TICK OFF WHEN COMPLETED!

TRANSPORT ACTIONS	We will take this action!	Time Frame	Action taken
Walk/Cycle whenever possible			
Take public transport when possible (this will have 10 times less impact on the Environment)			
Try car pooling with a work colleague (Reduce your CO ₂ emissions by half and it's much cheaper too!)			
Try car pooling if dropping children to school or Park & Stride			
Plan ahead - combine car trips e.g. go food shopping/collect dry-cleaning etc. when children are at sports training.			
Save air miles – buy locally grown fruit and vegetables in season			
Turn off engine if car is stationary for two minutes			
Check your tyre pressure regularly & save up to 4% on your yearly petrol costs			
Remove car rack, cycle rack, golf clubs etc when not in use and save on fuel bill,			
Drive smoothly! (harsh braking and acceleration uses up to 30% more fuel)			
Slow Down! – it can cost you up to 25% more on fuel at speeds over 100km/h			
Get the car serviced regularly to increase fuel efficiency			
Don't bother with air conditioning when travelling at speeds of less than 70km/h			
If you are thinking of buying a new car, choose one with lowest carbon emissions possible (check out www.sei.ie 'How Clean is your Car?' for details)			
Air travel produces huge emissions. To find out more about the carbon cost of a flight you are considering, see www.carbonneutral.com or www.carboncalculator.org			



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GreenHome Contacts List



Tidy Towns

Phone: 071 9186744
tidytowns@environ.ie

Green Home Programme

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An Taisce, 5A Swift's Alley
Francis St. Dublin 8
Web: www.greenhome.ie
Email: dstewart@eeu.antisce.org
Main Switch: +353 1 4002202
Green Home: +353 1 4002218
Fax: +353 1 4002285

GENERAL ENVIRONMENT INFORMATION

ENFO

Web: www.enfo.ie
www.askaboutireland.ie

EPA

Web: www.epa.ie
Phone: 1890 335 599

Green Schools Ireland

Web: www.greenschoolsireland.org
Phone: 01 400 2222

Cultivate

Web: www.cultivate.ie
Phone: 01 674 5773
Environmental courses and products
The Organic Centre

WASTE

Local Authorities

Contact your LA for details on the local waste collection service

National Waste Prevention Programme

Programme led by the EPA to deliver substantive results on waste prevention and minimization.
Phone: 053 9160600

Waste and the Law

The Environment Protection Agency is the main regulator for waste management in Ireland – good source for facts and figures, policy and targets.
Web: www.epa.ie
Phone: 1890 335 599

EPA office of Environmental Enforcement
@ www.epa.ie/about/org/oe

Free Trade

Give your unwanted household items a new home.
Web: www.freetradeireland.ie

Stop Food Waste

sfw@ctc-cork.ie

Illegal Dumping hotline (EPA)

Phone: 1850 365 121

Composting information

Contact the Environmental Awareness Officer in your Local Authority for information on composting.
Visit www.ipcc.ie or phone 045 860 133 for tips and advice on how to compost.

Reuse/Recycle for Charity

www.jackandjill.ie or phone 045 894 538 to recycle your mobile phone and ink jet cartridges.

www.camara.ie

To recycle your old computers
www.camaraireland.ie
01 685 7120

Mailing Preference Service

Irish Direct Marketing Association
PO Box 12265
Dublin 15
Tel: 086 262 6781
email: services@idma.ie

Used Stamps, coins, postcards, call cards

Send to: IPCC, Bog of Allen Nature Centre, Lullymore, Rathangan, Co. Kildare

National Spring Clean

Web: www.nationalspringclean.org
Phone: 01 400 2219

ENERGY

Power of One

Web: www.powerofone.ie
Phone: 1850 22 11 22
public awareness campaign on saving energy

Sustainable Energy Authority of Ireland

Web: www.seai.ie

Better Energy Homes

Phone: 1850 927 000

Smarter Travel Workplace

<http://www.smartertravelworkplaces.ie/>
01-8978300

Airtricity

Web: www.airtricity.com
Sales
1850 81 81 10
Customer Support
1850 81 22 20

ESB

Web: www.esb.ie
Phone: 1850 372 372
information on your ESB bills meter readings

Bord Gáis Ireland

Web: bordgaisenergy.ie

WATER

Local Authorities

Your local authority is in charge of water services.
Consult your telephone directory or Golden Pages (under Local Authority) for the number - Irish Water

Blue Flag

Web: www.blueflagireland.org
Phone: 01 400 2219

Clean Coasts

Web: www.cleancoastproject.org
Phone: 01 400 2221

Tap Tips

Web: www.taptips.ie
Public awareness campaign on water conservation

Water Framework Directive in Ireland.

Phone: 1890 202 021
Web: www.wfdireland.ie

TRANSPORT

Dublin Bikes - Bicycle Rental Scheme

Web: www.dublinbikes.ie

Society of the Irish Motor Industry

Web: www.simi.ie
Phone: 01 676 1690
Driving tips for improved fuel efficiency CO₂ emissions and fuel efficiency on every car model (booklet available)

Green Schools - School travel

Web: www.greenschoolsireland.org
Phone: 01 400 2222
Promoting sustainable transport modes - walking, cycling, car pooling or public transport

Go Car

Phone: 1890 446 227
Web: www.gocar.ie
A car sharing facility located in Dublin and Cork where you can rent a car for short periods of time



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Environmental Education Unit

An Taisce

5A Swift's Alley

Francis Street

Dublin 8



Website: www.greenhome.ie

Email: teachgreen@antaisce.org

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Facebook: <http://www.facebook.com/green.home.58>

Twitter: <http://twitter.com/#!/GreenHomeIrl>

Flickr: <http://www.flickr.com/photos/51472459@N07/>