



ROTARY CLUB OF COCHIN GLOBAL

“The Carbon Neutral Club”

No. 65758 Rotary Dist. 3200
CHARTERED ON 29th JUNE 2004



Global warming is an urgent and serious problem. We can't wait for the Governments to solve this for us, WE need to act: each one of us can bring in important help by adopting a more responsible lifestyle: starting from little, everyday things. It is the only reasonable way to save our planet, before it is too late!

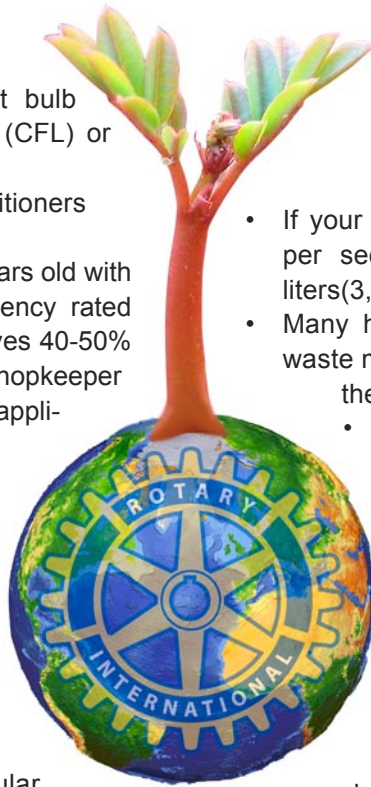
Recycle and Reduce:

1. **Reduce waste by taking your lunch in a reusable lunch box** instead of a disposable one, you save the energy needed to produce new lunch boxes.
2. **Buy and promote organic Food** as organic farming is healthier, avoids pesticides, is good for environment and prevents 40% of less Green House gases from emitting into the environment.
3. **Reduce the kitchen waste and recycle.** We must try to reduce the kitchen waste as much as possible and should not leave it in the open or even compost. The kitchen waste not only contaminates underground water but during decomposition produces methane, which is 21 times more harmful than CO₂. Instead if this waste is treated in a bio-digester and the methane is captured and used for cooking or power generation, then we can save on other fuels as well as save the planet from Global Warming.
4. **Reuse your shopping bag.** It saves energy and waste to use a reusable bag instead of accepting a disposable one in each shop. Waste not only discharges CO₂ and methane into the atmosphere, it can also pollute the air, groundwater and soil.
5. **Choose products that come with little packaging** and buy refills when you can and cut down on waste production and energy use!
6. **Avoid using plastic bottles.** Plastic bottles for water are the least recycled plastic beverage bottle. These bottles create huge waste problems; there is transportation costs involved in the distribution of the bottles from where they are produced, to where they are filled, to where they are stored to where you ultimately purchase them.

Often while drinking water from plastic bottle, we get taste of plastic due to contamination of the bottle content. Plastic bottles contaminate the environment and take 300 years to photo degrade as a land fill.
7. **Plant Trees.** A single tree will absorb one ton of CO₂ over its lifetime.

Energy saving tips:

1. Replace a regular incandescent light bulb with a compact fluorescent light bulb (CFL) or even more efficient LED
2. Clean or replace filters of your air conditioners
3. Do not leave appliances on standby
4. Replace all appliances more than 10 years old with efficiency rated new appliances. Efficiency rated appliances may be a bit costlier but saves 40-50% energy consumption. Demand your shopkeeper for energy efficiency rating of all the appliances you buy
5. Use a clothesline instead of a dryer when- ever possible
6. Change the CRT computer monitors to LCD monitors
7. Use air conditioners with DC Inverter Technology



- If your faucet is dripping at the rate of one drop per second, you can expect to waste 12,000 liters(3,000 gallons) water per year
- Many homes have hidden water leaks that can waste more than 10 percent, costing both you and the environment
 - A water-efficient showerhead can save up to 3300 liters of water per person, per year

Fuel saving tips:

1. Eliminate jack-rabbit starts. Accelerate slowly when starting from dead stop. Don't push pedal down more than 1/4 of the total foot travel. This allows car-buretor to function at peak efficiency
2. Keep your car tuned up
3. Check your tyres weekly to make sure they are properly inflated
4. Reduce the number of miles you drive by walking, biking, carpooling or taking mass transit wherever possible
5. Drive carefully and do not waste fuel. Choose proper gears, do not abuse the gas pedal, use the engine brake instead of the pedal brake when possible and turn off your engine when your vehicle is motionless for more than one minute

Facts:

- CFLs use 60% less energy than a regular bulb. This simple switch will save about 135 Kilogram (300 lbs) of carbon dioxide a year
- Cleaning a dirty air filter can save 158 Kilograms (350 lbs) of carbon dioxide a year
- A TV set that is switched on for 3 hours a day and in standby mode during the remaining 21 hours uses about 40% of its energy in standby mode
- You can save 315 Kilograms (700 lbs) of carbon dioxide when you air dry your clothes for 6 months out of the year
- LCD monitors are not only better for eyes but also consume 80% less energy than CRT monitors.
- DC inverter technology helps save 50% of power consumption. Ordinary 1 Ton AC uses 1800 Watts of electricity. DC inverter technology use only 850 Watts of electricity

Water Saving Tips:

1. Water plants according to their water needs; you will have healthier plants and a lower water bill
2. Repair dripping faucets and showers. Use your appliances wisely
3. Wash only full loads or set small loads to the appropriate water level
4. Repair or replace the leaky drains or toilets
5. Use Water Efficient Shower Heads

Facts:

- A leaky toilet can waste 800 Liters (200 gallons) of water per day

Facts:

- Regular maintenance helps improve fuel efficiency and reduces emissions. When just 1% of car owners properly maintain their cars, nearly a million kilograms of CO₂ are kept out of the atmosphere
- Proper inflation can improve gas mileage by more than 3%
- Avoiding just 10 miles of driving every week would eliminate about 225 Kilograms (500 lbs) of CO₂ emissions a year!

URL: <http://www.rotaryclubofcochinglobal.com>

Let us join hands to fight global warming

For all your queries
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