

# Green tips for Sevenoaks



This page contains information to help you reduce your waste and carbon footprint! Reducing your energy consumption can help lower your carbon footprint and save you money too.

Assess your current carbon footprint with a carbon footprint calculator, two have been listed below:

[carbonfootprint.com](https://carbonfootprint.com) - Carbon Footprint Calculator

[WWF Footprint Calculator](https://www.wwf.org.uk/footprint-calculator)

## Lowering your carbon footprint

### TRAVEL

**If you can, walk or ride your bike** in order to avoid carbon emissions from transportation completely. This is also great for your physical and mental health! Electric bikes are a great way to get around and have a much lower carbon footprint than travelling by car.

**Try to reduce the number of trips you take using your car.** Car sharing reduces CO2 emissions by spreading them out over more passengers. If possible, complete errands on the same journey instead of going separately to do them.

**Taking public transport** instead of car travel lowers your carbon footprint as the emissions are spread over many more passengers. Travelling by public transport can also be quicker and more convenient!

**Make your next car purchase an electric vehicle.** If you can afford to, consider swapping your car for an electric one. These have lower carbon emissions than regular cars, and if you charge them with solar or a 100% renewable electricity provider they will not emit any CO2.

**Consider how many flights you take,** could you travel by train or sea instead? If you fly often consider taking fewer flights, especially long haul journeys.

Fly fewer round trips: if it is possible, for shorter journeys, consider renting a car or taking a train for half of your journey, and only fly the other half.

Fly economy instead of first or business class. This is better as each flyer's share of a flight's carbon emissions is relatively less because it's spread out over more people.

### INSULATION

If you can afford to, updating your home's insulation is one of the best ways to reduce your carbon footprint and help lower your energy bill, as improved insulation will reduce heat loss.

**Loft and wall insulation**, as well as double or triple glazing on your windows improves your home's energy efficiency, helping you lower your carbon footprint and save you money. [Insulation Services Sevenoaks - Insulation Kent](#) offers these services.

Subsidies and recommendations on improving your home's insulation can be found on Sevenoaks District Council's website below:

[Improve your home energy efficiency | Sevenoaks District Council](#)

**Draught excluders** are a simple and affordable way to reduce heat loss during winter, helping lower your carbon footprint and energy bill.

**Sevenoaks District Council loans thermal imaging cameras to residents for free.** These show you where energy is escaping from walls, roofs, windows and doors and other places in your home. Contact Sevenoaks District Council's Private Sector Housing team at [psh@sevenoaks.gov.uk](mailto:psh@sevenoaks.gov.uk) to enquire about availability.

**The following links are good places to start if you are considering improving your insulation:**

[Improve your home energy efficiency | Sevenoaks District Council](#)

[Measures to help reduce home heat loss - Energy Saving Trust](#)

[Five areas to add insulation in your home - Energy Saving Trust](#)

[Insulation Services Sevenoaks - Insulation Kent](#)

[Insulation - Why Is It Important? | GreenMatch](#)

If you own your home, take the questionnaire on the page below to determine what the most effective actions for your home may be:

[Find ways to save energy in your home - GOV.UK \(www.gov.uk\)](#)

There are links to other useful schemes such as the [boiler upgrade scheme](#) on the right side of the above page – be sure to check them out!





## AT HOME

For the time being energy prices are at record highs, and your household may be better off staying with your current energy supplier for the winter. **In the future, consider switching to a green energy supplier** that uses renewable energy sources.

**Turn off lights** you're not using and when you leave the room. Replace incandescent light bulbs with LED ones. This can help you save money too!

**Switch off standby mode;** this can help you lower your carbon footprint and save around £45 on your electricity bill annually.

**If possible, buy appliances with the highest energy ratings.** More info can be found here:

[Guide to choosing home appliances - Energy Saving Trust](#)

**Unplug your chargers;** when your device is fully charged, get into the habit of unplugging it. This helps improve the devices battery life and lower energy consumption and your carbon footprint, and can save you about £60 a year on your electricity bill.

**Don't set your thermostat too high or too low,** The World Health Organisation recommends setting it to 18oC. This saves energy, money, and prevents health risks associated with lower temperatures.

**Consider installing heat pumps and/or solar panels,** if possible. More information on heat pumps and solar panels can be found below:

[Heat pumps - Energy Saving Trust](#)

[A comprehensive guide to solar panels - Energy Saving Trust](#)

**You can find a list of renewable energy installers in your local area here:**

[Find Renewable Energy Installers and Energy Efficiency Companies in the UK \(greenbusinesswatch.co.uk\)](#)

**Register your interest in the [Solar Together scheme](#).**

Registration for the 2022 phase have closed, but you can sign up if you are interested in future schemes.

**Wash your clothes at a lower temperature.** Doing your washing on a 30oC cycle and reducing your washing machine use by one run a week lowers the amount of energy you use and can save you around £30 a year.

Instead of using the tumble dryer, **hang your clothes up to dry.**

**Be aware of your water consumption;** energy is used to clean and pump your water supply and excessive use can put pressure on water resources. Turn the tap off whilst brushing your teeth, try a shower timer and limit these to under 8 minutes if possible.

**Grow more trees and plants,** these absorb CO2 and help improve air quality.

**If possible grow some of your own produce** in your garden or allotment. This can reduce your carbon footprint and save you some money at the supermarket!

**If you have a garden, leave some areas wild,** and think about mowing your lawn less frequently to encourage pollinating insects and wildlife and increase plant biodiversity. There is some great information on how to do this from Kent Wildlife Trust here:

[Gardening for a Wilder Kent | Kent Wildlife Trust](#)

**Consider planting more hardy / less water intensive plants** in your outdoor spaces and only water your plants when they need it.





## REDUCING YOUR WASTE

Here are some ways that you can reduce your waste

**Reduce, Reuse, and Recycle** when you can. Reducing consumption of goods, and in particular, plastic, is a great way of lowering your carbon footprint and environmental impact by cutting back on your waste. Reusing products when you can increases its lifespan, and lowers the amount of goods you need to buy, reducing your waste. Purchasing preowned goods if you can is better than buying new items. Recycling reduces the need for extracting, refining and processing raw materials all of which create substantial air and water pollution.

A great way to reduce your consumption and waste of products is to **repair faulty/damaged items** instead of buying brand new ones. There is a fantastic monthly Repair Café running in St Luke's Church which you can visit if you need something fixed! Find out more on their Facebook page here: [Sevenoaks Repair Cafe - Home | Facebook](#)

Fashion and clothing have a large carbon footprint. You can reduce their impact by **buying "pre-loved" clothes** through websites as well as the many second-hand clothes shops in Sevenoaks. Some websites for pre-loved clothes are listed below:

[Depop - buy, sell, discover unique fashion](#)

[Shop all second-hand women's designer fashion - Thrift+](#)

[Vinted | Sell and buy clothes, shoes and accessories](#)

**If it is an option consider keeping your clothes for a longer time**, extending its life cycle, and donate rather than throw out your old clothes wherever possible. More fashion related green tips can be found in the links below:

[How to quit fast fashion: making, mending, learning and activism | Greenpeace UK](#)

[The fast fashion fix: 20 ways to stop buying new clothes for ever | Fashion | The Guardian](#)

## GROCERIES

**Try to shop seasonally and locally** to reduce the carbon footprint of your food.

**If you eat a lot of meat and dairy, consider reducing this** to help reduce your carbon footprint. More information can be found below:

[10 tips to eat more sustainably | WWF](#)

**Compost your non-meat food waste.** Sevenoaks District Council offers discounted composting bins, you can find out more here:

[Home composting | Sevenoaks District Council](#)

**Try to buy products with less packaging**, such as loose fruit and veg.

**Take your own containers** to meat/fish/cheese counters at supermarkets and request no plastic.

**Shop at a refill shop** with your own containers, such as the Eco-Pantry in Seal Chart or the Knobbly Knees Deli and Eco Shop in Sevenoaks.

**Try planning your meals** so you waste less food, only cook what you and your household will eat.

**Put food you won't immediately use in the freezer** instead of throwing it out.

**Don't throw away your leftovers**, these can be reused in another meal.



## CLEANING AND TOILETRIES

**Change to a bar of soap or a bar of shampoo. These last longer and work just as well as liquid types.**

**Consider using a bamboo toothbrush** and toothpaste in a jar or tablet form – this reduces waste plastic!

**Consider switching from disposable plastic razors** with a stainless steel razor with replaceable blades.

Instead of buying new household cleaners and toiletries, **consider refilling your old containers.** The Eco-Pantry in Seal stocks cleaning and toiletry products which you can fill your containers with.

## OUT AND ABOUT

**Take a reusable cup for hot drinks** – some companies such as Starbucks offer cheaper drinks to those who bring their own cup!

**Use a refillable water bottle** to cut back on plastic waste. If you need to refill your bottle when out, there are a number of businesses in Sevenoaks that have signed up for the refill scheme – where you can refill your water bottle free of charge. You can find them here:

[Sevenoaks Refill Scheme - Sevenoaks Town Council](#)

**Consider buying cans over plastic bottles**, or if you are having a hot drink consider having it in the café to save on using a takeaway cup.

**Consider taking a packed lunch** instead of buying food out. This can help save you money too!

**Bring your own shopping bags** instead of buying new ones each time.



For further information, contact [cpo@sevenoakstown.gov.uk](mailto:cpo@sevenoakstown.gov.uk). With thanks to SCAN for its assistance with this information