



**TODAY, AT THE LATEST!**  
A calendar of 12 actions to  
fight climate change

**DECEMBER 2019**

JUST THE RIGHT  
TEMPERATURE

AT FULL LOAD

UNPLUG

DISPOSE OF  
DISPOSABLES

WATCH OUT FOR  
ECOMMERCE

LOCAL AND  
SEASONAL PRODUCE

DON'T PLAY  
AROUND WITH  
FOOD

FIVE MINUTES IN  
THE SHOWER, NOT  
A MINUTE MORE!

LEAVE THE CAR  
PARKED

BETTER BY TRAIN  
THAN BY  
AEROPLANE

FACE THE  
PROBLEM

COMPENSATE  
YOUR CARBON  
FOOTPRINT



## 2 DECEMBER JUST THE RIGHT TEMPERATURE

Combat economic and energy waste and its impact on the climate by keeping your home at the right temperature. As the cold arrives set the heating to achieve maximum comfort at 21 °C (70 °F) and up to 13% energy savings. When the hot weather arrives, set the air conditioning between 24 °C (75 °F) and 26 °C (79 °F). Every degree less increases electricity consumption by 8%. If you are looking for air-conditioning solutions, a heat pump is perfect for covering the cooling and heating needs of a home.



### 3 DECEMBER AT FULL LOAD

The washing machine and dishwasher account for 12% of electricity consumption in the home, with the scale tilted unfavourably on the side of the first of these, which accounts for 10%. Always load both appliances to the maximum capacity to save energy and reduce CO<sub>2</sub> emissions. By the way, as for the dishes, wash them in the dishwasher rather than by hand: you will use 9 times less water. What's more, you can save up to 30.6 litres of water a day, of which 27.4 litres could be hot water. And always choose class A+ appliances or higher.



## 4 DECEMBER UNPLUG!

Don't leave your TV, computer, stereo or printer in "standby" mode. Stand by mode is a true phantom consumer with the consequent environmental and economic impact. Use a power socket extension and you can turn them all off at once. Avoid leaving chargers and transformers plugged in without them charging: they always use electricity.



5  
DECEMBER  
DISPOSE OF  
DISPOSABLES

The use of disposable products is unsustainable. The production of new materials, sometimes non-recyclable, involves a large consumption of energy and may require polluting resources such as oil, from which plastic is obtained, one of the climate's worst enemies because of the greenhouse gases it emits when it decomposes and the waste it leaves behind. In general, avoid throwaway objects and replace them with reusable ones: cloth bags and napkins, rechargeable batteries, recycled paper, returnable containers, etc.



## 6 DECEMBER WATCH OUT FOR ECOMMERCE

Have you ever thought about what online shopping involves? The packaging and the waste it generates, the plastic to protect the dispatch, the route the package takes and the means of transport used, the contribution to urban traffic, the impulse purchase... In a single day more than one million packages are delivered and when it's Black Friday up to two million every consecutive day. Come on, walk to your nearest shop.



# 7

## DECEMBER

### LOCAL AND SEASONAL PRODUCE

The ecological impact of food distribution is measured from the distance it travels from its origin to our table and the method of transport used. Proximity or "zero kilometre" foods are those that are produced within 100 km of their sale location. If you chose local, seasonal produce and know its origin, you will contribute to limiting the footprint left by the conservation of the goods in fridges and transport from distant places.



8

DECEMBER

## DON'T PLAY AROUND WITH FOOD

Changes in the food we consume have the ability to prevent the generation of up to 3.5 gigatons of CO<sub>2</sub>. Buy fresh produce; opt for bulk versus over-packaged, mini or individualized packages; buy what you need and never throw food away. Think that to produce one kilo of food, 4.5 kg of CO<sub>2</sub> are emitted on average. Stopping wastage would mean avoiding amounts of CO<sub>2</sub> equivalent to removing 1 out of every 4 cars from the road. To do this: plan your menu and preserve food properly.



9  
DECEMBER  
FIVE MINUTES IN  
THE SHOWER,  
NOT A  
MINUTE MORE!

A shower of only 8 minutes requires an average of 76 litres of water! But supplying, treating and heating water for daily hygiene also consumes a lot of energy. The longer you let the hot water tap run, the greater the energy and economic cost. Take note: five minutes of hot running water is the same expense as a 60-watt bulb running for 22 hours.



**10**  
DECEMBER  
**LEAVE THE  
CAR PARKED**

50% of car journeys in the city do not exceed 3 km. Replace the car (or motorbike) with a walk, a bicycle, public transport or a carpool. For example, on inter-city journeys, a car consumes four times more per passenger and kilometre than a coach. If you use it, do so when it's really necessary. By the way, your driving behaviour also plays a role. Find out how to drive as efficiently as possible: slow down, and keep your tyres well inflated.



11  
DECEMBER  
BETTER BY TRAIN  
THAN BY  
AEROPLANE

Choose the most efficient means of transport for each journey. The train is one of the most efficient in terms of energy consumption. The CO<sub>2</sub> emissions, calculated per passenger, are almost 10 times less than the same journey by plane. And comparatively about six times less than those emitted by a car.



12  
DECEMBER  
FACE THE  
PROBLEM

Trees act as carbon sinks, that is, they retain CO<sub>2</sub>. If you support actions and measures against deforestation and that are favourable to re-population, especially of native species, you will contribute to reducing the excess of CO<sub>2</sub> in the atmosphere. You can collaborate with projects and initiatives such as the volunteer days that we carry out in Iberdrola precisely to sow, transplant and cultivate a variety of flora.



13

DECEMBER

COMPENSATE  
YOUR CARBON  
FOOTPRINT

It sounds abstract, but each of us can reduce and offset our own carbon footprint. To do so, we must first measure this footprint using tools such as those offered by the website of the Spanish Office for Climate Change and the CeroCO2 website. With this information we can change habits and offset our CO2 emissions. This action consists of a voluntary economic contribution, proportional to the tons of CO2 generated, to projects whose purpose is precisely to absorb or avoid carbon emissions.