

## Sources for Stats in Kirkcaldy Climate Friendly Living Guide

### Energy

Scotland's 2.5 million homes account for 13% of the country's total greenhouse gas emissions and around 30% of our total energy consumption. <https://www.gov.scot/publications/heat-buildings-strategy-achieving-net-zero-emissions-scotlands-buildings/pages/3/>

Set your thermostat to the lowest comfortable temperature – usually between 18 and 21°C. Making these changes typically reduces the energy you use to heat your home by 10% per degree Celsius. <https://energysavingtrust.org.uk/advice/thermostats-and-heating-controls/>

Replacing all the lightbulbs in the house could save you £30 per year. <https://energysavingtrust.org.uk/advice/thermostats-and-heating-controls/>

Draught proofing gaps could save you £55 per year <https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/>

### Food and Growing

Scottish households throw away around 600,000 tonnes of food waste every year, that's the weight of about 2,000 Kelpies. <https://www.netzeronation.scot/about/campaigns/food-waste>

### Travel

Transport is the biggest contributor to greenhouse gas emissions in Scotland. Given that more than half the journeys we make in Scotland are under 5km long, changing how we travel is an achievable goal. <https://www.netzeronation.scot/take-action/active-travel>

The vast majority of people on the planet have never been on a plane and around half of Brits don't fly in any given year. <https://flightfree.co.uk/downloads/WeNeedToTalkAboutAviationFFUK-2022.pdf> (Less than 20% of world populations have been on plane <https://flightfree.co.uk/faq/>)

Driving a 4x4 could release more than twice the emissions of an average sized car *How Bad Are Bananas*, Mike Berners-Lee, page 62 (530g per mile average car vs 1.25kg Range Rover sport).

Home Energy Scotland can help you access an interest-free loan of up to £6000 for ebikes. <https://www.homeenergyscotland.org/find-funding-grants-and-loans/ebike-loan/>

Fife Council estimates that half of all journeys in Fife could be cycled within 15 minutes, Fife Council Local Transport Strategy Main Issues Report (2021, unpublished)

A return trip to Bali produces around the same carbon emissions as two years' worth of car journeys. [https://flightfree.co.uk/why\\_flight\\_free/](https://flightfree.co.uk/why_flight_free/)

### Waste, Reuse and Repair

80% of Scotland's carbon footprint is driven by our demand for new products and materials - Zero Waste Scotland <https://www.zerowastescotland.org.uk/content/everything-we-buy-has-carbon-cost>

Wearing clothes for an extra nine months would reduce carbon, waste & water footprints by around 20 to 30% each. Love Your Clothes. <https://www.loveyourclothes.org.uk/about/why-love-your-clothes> (Wrap)