

Our Power, Our Planet

LISTEN TO AN ANTHESIS PODCAST

Listen to [Activating Sustainability](#) ↗
(Examples: [Episode 32: Carbon Offsets with CNG](#), [Episode 26: Decarbonizing our energy systems](#).)

CLEAN UP YOUR SEARCHES

Switch to an eco-friendly search engine (e.g. Ecosia, Ocean Hero, Search for Trees).

CHECK FOR DRAUGHTS

Calk and weather strip your doors to reduce draughts throughout your house.

COFFEE OR TEATIME

Avoid overfilling your kettle and wasting energy and money.

KEEP TRACK OF YOUR ENERGY SPENDING

Keep track by hand or install a smart meter to spot energy guzzling appliances & to reduce usage.

SWITCH UP YOUR DIET

Shrink your 'foodprint' by adopting a predominantly plant-based diet for the week.

AIR DRY YOUR CLOTHES

Avoid using a tumble dryer and air dry your clothes throughout the week.

SWITCH OFF STANDBY

Find out which of your home appliances use the most energy in your home whilst on standby. Turn them off or investigate standby savers.

RESEARCH TIME

Find out how much it costs to run X2 appliances 24/7. Use this research to reduce your usage and educate others.

TEMPERATURE CHECK

Go online and check what is the efficient temperature for your fridge & freezer. Adjust as needed. No need to use more energy than required!

TIME YOUR SHOWERS

Set a timer and reduce your showers to 4-minutes throughout the Earth Day Challenge period. Save money on energy bills.

READING TIME

Read about an intersectional energy issue (e.g. energy justice, a just energy transition etc.)



ANTHESIS SOLUTIONS

Learn how investing in carbon credits can support your climate strategy:

[Carbon Credits & Projects](#) ↗

DRIVE DOWN THE ENERGY

Avoid driving the car for 3 days or more during the week.

ANTHESIS SOLUTIONS

Learn more about the business opportunity in the Energy Transition:

[Power & Utilities](#) ↗

LEDS

Replace all the lights in your house with LED bulbs. If you've already done this, consider solar outdoor lights for your garden.

SHARE THE KNOWLEDGE

Teach someone else something connected with 'Our Power, Our Earth'. It could be your kids, a friend, a neighbor, or a social media post!

INSULATE

Look into what you can insulate to save energy and money e.g. loft, hot water tank, hot water piping.

CAREFUL WITH YOUR WASHING

Try a lower temperature setting or reduce your washing machine use by one run per week.

TURN OFF YOUR LIGHTS & ELECTRONICS

For 1 hour when it gets dark to conserve energy. Light candles & host a dinner, play board games, read or just relax.

RENEWABLE ENERGY RESEARCH

Research to see if you can switch to a renewable energy supplier. Consider price, customer service and the renewable energy source. Make the switch if it's feasible.

ENERGY SAVING MEALS

Cook as much as possible in one go to save time and energy. Just pop the rest in the freezer ready for the week, and you're good to go.

GET CREATIVE

Write an Earth Week 'Our Power' themed joke or poem! Share it with your colleagues.

AVOID ONLINE SHOPPING

Avoid purchasing anything online during Earth Day, other than necessary food or medicine.