

The Low Carbon Diet Competition



Introduction:

The Low Carbon Diet will help you reduce your carbon footprint in just 30 days, by making some easy lifestyle changes. You can do the Low Carbon Diet as part of an eco-team or as an individual.

How does it work?

Your Low Carbon journey takes just four simple steps:

1. Get Started

Register your 'School EcoTeam' @ www.keeppaustraliabeautifulqueensland.org.au/programs/low_carbon/info

2. Set your goals

Who are you going to get involved?

How are you going to get them involved?

3. Get active

Encourage others in the school community to undertake the Low Carbon Diet challenge.

Promote actions to reduce carbon emissions (pass on hints and tips you receive as Team Leader).

4. Measure the results

Calculate your CO₂ savings.

Tell us what you've achieved.

Make your actions a habit.

The Nitty Gritty

Households need to:

1. Collect a number of past energy bills to gauge your energy usage.
2. Divide the total KWh of power used, by the number of days in the billing period to get a daily average.
1. Read your power meter on Day 1 of the 'diet plan'.
2. Read your meter again at the end of the nominated period, Day 30.
3. Calculate your current KWh of power used per day.
4. Compare your current usage with old usage.
5. List some of the activities which you employed to reach this reduction.
6. Be creative – we are looking for the creative as well as the more obvious methods to reduce energy usage.
7. Record your results
8. Return *FORM A* to your School Eco Team Leader

School Eco Team Leaders need to:

1. Compile the results from your team members on *FORM B*
2. Submit all forms to info@kabq.org.au

