

ENERGY SAVERS TIPS



Here are a few tips to help you save some energy and money!!

➤ **Home Heating- Annual Boiler Service:**

The Benefits of servicing your boiler:

⇒ **Saves you money-** a boiler service could improve your overall efficiency by 10%, saving you **up to €150 per year.**

⇒ **Reduces CO₂ emissions-** benefiting the environment.

⇒ Gives you peace of mind- **improving your boiler's reliability and safety.**

➤ **Transport:**

⇒ **Use the recommended grade of motor oil-** you can improve your mileage by 1-2 percent by using the manufacturer's recommended grade of motor oil.

⇒ Also, look for motor oil that says "Energy Conserving" on the API performance symbol to be sure it contains friction-reducing additives.

➤ **Cook up some savings:** The oven is expensive to use, try to use it sparingly and as efficiently as possible. Do not open the oven door to check cooking too often; every time you do so, you lose 20% of the accumulated heat.

GREEN-SCHOOLS IRELAND



Green-Schools Ireland gives students the opportunity to learn more about environmental issues and to make a difference. The environmental themes covered are:

1. Litter & Waste
2. Energy
3. Water
4. Travel
5. Biodiversity
6. Global Citizenship- Litter & Waste
7. Global Citizenship- Energy



Energy is the second theme that schools undertake during the Green-Schools programme, and **shows schools how they can start reducing energy consumption at home and in school.** Energy surveys are a great way to identify the amount of energy used in the school, and can highlight areas where changes and improvements can be made. There are many simple low and no-cost tips that can be carried out to increase efficient use of energy.

If you and your children are interested in reducing your carbon footprint, ask your school to consider participating in the Green-Schools programme and **earn a Green Flag Award.** For more information and registration details, please visit: <http://GreenSchoolsIreland.org>

Further news and updates are also available on **Clare County Council's Environmental Awareness** web pages:

Facebook: <https://www.facebook.com/EnvAwarenessClare>

Twitter: <https://twitter.com/EnvAwareClare>



Top Tips on Child Road Safety

Walking	Cycling	Car
<ul style="list-style-type: none"> ■ Always be bright and be seen 	<ul style="list-style-type: none"> ● Always wear the correct high vis clothing 	<ul style="list-style-type: none"> ◆ Always wear a seatbelt
<ul style="list-style-type: none"> ■ Always stay on pavements or footpaths 	<ul style="list-style-type: none"> ● Always wear a helmet that fits 	<ul style="list-style-type: none"> ◆ Never distract the drivers attention
<ul style="list-style-type: none"> ■ Always use pedestrian crossings or lollipop wardens 	<ul style="list-style-type: none"> ● Always check the brakes and wheels 	<ul style="list-style-type: none"> ◆ Never open doors while car is moving
<ul style="list-style-type: none"> ■ Always be responsible near roads 	<ul style="list-style-type: none"> ● Always use cycle lanes where possible 	<ul style="list-style-type: none"> ◆ Always get out of the car with caution
<ul style="list-style-type: none"> ■ Always remember the Safe Cross Code 	<ul style="list-style-type: none"> ● Always use lights in poor light and visibility 	<ul style="list-style-type: none"> ◆ Never exit the car on the side where traffic is passing
<ul style="list-style-type: none"> ■ Always take care when crossing cycle lanes 	<ul style="list-style-type: none"> ● Always use a bike that suits your size 	
<ul style="list-style-type: none"> ■ Never cross at a bend or between parked cars 	<ul style="list-style-type: none"> ● Never use an ipod or mobile phone when cycling 	

Did You Know?



JAVA Up Your Winter!

❖ **Make the most of your grounds-** Did you know that coffee grounds can be recycled into biofuel and fire logs, as well as making a good fertiliser for your garden?

❖ **Java Logs:** Coffee waste produces **150% more energy** and also **85% less carbon monoxide** than the conventional wood log!

❖ **Java Logs** burn brighter and hotter than wood logs, so why not make your own Java Logs to see for yourself and make some with your children as a fun family project. Instructions can be found at:

⇒ http://regroundorganics.com/blog_firelog.html

HOME HEATING OIL COSTS



Kerosene Prices in:	500 Litres	1000 Litres
Clare	€284.07	€526.05
Limerick	€282.07	€524.05

Source: Prices from <http://www.cheapestoil.ie>: 26/09/2016

