



# Easy Ways to Go Green!

Conservation is the least expensive and most effective way to reduce household carbon emissions! It provides the biggest bang for the buck. Here are some tips anyone can do at very little cost:

1. <b>TURN IT OFF!</b> If you're not using it, turn it off. Lights, TV's Computers, electronic equipment, fans! Turn off lights & ceiling fans in unoccupied rooms.	- 1000 lbs CO <sub>2</sub> *
2. <b>TURN IT ALL OFF!</b> Eliminate 'on demand' power to electronics by putting them on power strips or surge protectors that can be turned off when the devices attached to it are not in use. Unplug unused chargers/ transformers that draw phantom or vampire load. <b>Kill the Vampires!</b>	- 500 lbs CO <sub>2</sub> *
3. <b>Make the Switch</b> to CFLs or LEDs. CFLs use ~75% less energy than incandescent bulbs and last up to 10 times longer. CFLs have a small amount of mercury. LEDs save about the same amount of energy, last longer and cost more.	- 100 lbs CO <sub>2</sub> for each light bulb you change. (EPA,LCD)
4. <b>Make a Ton of Difference!</b> Save 1 ton of CO <sub>2</sub> when you change 5 outdoor dusk-to-dawn lights to CFLs and save \$100 a year.	- 2000 lbs CO <sub>2</sub>
5. <b>TURN IT DOWN!</b> Reduce your thermostat setting to the lowest comfortable setting in winter and summer. Cut back when no one is home during the day or trips. Let a programmable thermostat do it for you. Nest - Google apps help regulate energy use in your house.	- 1000 lbs CO <sub>2</sub> *
6. <b>SAVE WATER</b> There's a lot of carbon embedded in water because it takes a lot of energy to clean and pump water. Save water by taking shorter showers! Install a low flow shower head. Insulate the hot water heater & set thermostat to 120°F	- 300 lbs CO <sub>2</sub> Per person Shorter Shower* - 250 lbs CO <sub>2</sub> Per Low Flow Showerhead - 150 lbs CO <sub>2</sub> Thermostat to 120F
7. <b>NIX BOTTLED WATER</b> - There's even more carbon embedded in bottled water from the plastic used to make the bottle, to the trucks that transport it. The energy used to produce and transport one bottled water would fill it <u>one quarter full</u> of oil. Use a refillable water bottle instead.	- 500 lbs CO <sub>2</sub> * per person in your family
8. <b>REDUCE, REUSE, RECYCLE &amp; COMPOST</b> - If you're recycling less than you could be, get sorting! Recycling saves energy and resources. The key to real, long-term sustainability are the first two R's: Reduce and Reuse. Use a refillable water bottle, bring your own grocery bags, say no to straws. Kitchen scraps can be composted to create rich organic compost. Grass clipping can be mulched back into the soil. Fall leaves can be mowed over to return nutrients into the soil or they can be composted over the winter to form rich organic fertilizer in the spring.	- 500 lbs CO <sub>2</sub> * per person in your family (EPA)

## HOW GREEN DID YOU GO? Add up your Carbon Reduction Actions

If a family of 4 takes all these actions, changes 20 light bulbs indoors & 5 outdoor dusk to dawn lights, they would reduce their carbon emissions by 12,100 lbs CO<sub>2</sub> a year.  
\*From The Low Carbon Diet by David Gershon.

## MORE....

- Drive efficiently, tune-up your car, don't idle, don't use the drive-thru.
- Don't drive, when you can walk, bike, carpool or take the bus. Each gallon of gas makes 19 lbs CO<sub>2</sub>
- Buy locally grown food to reduce food-miles. Grow your own food, plant an organic vegetable garden.
- Eat less meat. Even if it's just once a week. Meatless Mondays.
- Protect our pollinators! Buy organic. Avoid pesticides in your own yard. Plant Native Species and Milkweed.
- Plant natives! Plant the right kind of trees. They are environmental giants. They clean the air and sequester Carbon.
- GO SOLAR for your home, business, school or church. Rooftop Solar is more affordable!
- Subscribe to online newspapers and magazines to eliminate paper waste.
- Support Policies that help build a more sustainable community. Solar, Wind, Energy Efficiency, Mass Transit
- Support Elected Officials who support policies to protect Americans