



NORTH POLE • SOUTH POLE  
MOUNT EVEREST

Take your first step! Find out what you can do to reduce your carbon footprint.  
(check the column that applies to you!)

I'm already doing this	Something I'll do from now on	<b>GENERAL</b>
		Recycle.
		Reduce transportation costs, buy products locally so you are not relying on fossil fuels to bring products made from far away.
		Use natural cleaning products, fertilizers, and pesticides.
		Use native plants to decrease maintenance and watering, and reduce storm-water runoff.
		Use Rain Barrels to collect rain water. Your plants and grass will thrive.
		Save paper and printer toner ... print to screen and check layout before printing to paper.
		Email whenever possible instead of sending mail or using the fax.
I'm already doing this	Something I'll do from now on	<b>TRAVEL- REDUCE FUEL USAGE AND AIR EMISSION</b>
		Car pool to school, work, sporting events and social gatherings.
		Leave your car at home and walk or ride a bike.
		Save fuel, pack lightly.
		Travel at moderate, steady speeds and don't idle.
		Consider replacing one of your vehicles with a hybrid.
		When renting a car, ask if a hybrid is available.
		Take a bus or train when possible.
I'm already doing this	Something I'll do from now on	<b>WASTE REDUCTION</b>
		Recycle old computers, cell phones, CFL's and batteries.
		Properly dispose of hazardous waste materials.
		Make your own compost pile.

		Lower your volume of garbage by recycling, composting, buying in bulk, and using fewer packaged goods.
		Wash and reuse Ziplocs whenever practical or use washable containers instead.
		Pack waste-free lunches for yourself and your kids. Avoid buying individually packaged chips, string cheese, lunch-ables, and cookie packs.
		Reuse shopping bags or use canvas totes.
<b>USE LESS ENERGY</b>		
I'm already doing this	Something I'll do from now on	<i>Appliances</i>
		Buy Energy Star Appliances.
		Unplug that old refrigerator or freezer. It'll probably save \$10 to \$20 a month on your electric bill.
I'm already doing this	Something I'll do from now on	<i>Cooking</i>
		Use pots and pans that fit your burners to reduce heat loss.
		Don't peek! Every time you open your oven door, the temperature is lowered by 25 to 75 degrees.
		Let food cool before putting it in the refrigerator.
		Microwaves use 70-80% less energy than a conventional oven. Also consider using a slow cooker, electric frying pan, or toaster oven instead of a conventional oven.
I'm already doing this	Something I'll do from now on	<i>Dishwashing</i>
		Wash only full loads in the dishwasher.
		Use the "air-dry" feature on your dishwasher.
I'm already doing this	Something I'll do from now on	<i>Electronics</i>
		Use "sleep" setting on your home and office computers. Turn off the computer overnight.
		Hey Kids! Turn off the TV, computers, video games, and other electronics when you're not coming back into the room shortly.

		Beware of “energy vampires” (electronics that continue to use power even when not in use such as TV’s, phone chargers, computers, DVD players, VCR’s, digital cable boxes, etc.) Unplug or use a power strip that you can turn off when devices are not in use.
I’m already doing this	Something I’ll do from now on	<i>Heating &amp; Cooling</i>
		Install a programmable thermostat.
		During the winter, set your thermostat between 62 and 68 degrees during the day and around 55 degrees at night and when you’re gone. You’ll save about 2% in energy costs for every degree you lower the thermostat in the winter.
		During the summer, set your thermostat at 78 or higher. You’ll save 3-5% in cooling costs for each degree you raise your thermostat in the summer.
		Turn up or turn off your air conditioner. Use ceiling or room fans to feel cooler.
		Clean your furnace filters in the winter and in the summer!
		Get a furnace tune-up once a year.
		Tape clear plastic sheeting to the inside of your windows if drafts, water condensation or frost is present.
		Equip your windows with shades, blinds or drapes. Keep them closed on hot summer days to keep your house cooler. Open them on winter days to let in the warmth, and close them at night to keep the draft out.
		Close chimney damper when fireplace is not in use.
		Avoid installing air conditioner units in direct sunlight.
		Remove and store window air conditioners during the winter.
I’m already doing this	Something I’ll do from now on	<i>Laundry</i>
		Wash and dry only full loads of laundry.
		Wash laundry in cold or warm water instead of hot. Regularly use cold water for rinse cycle.
		Clean the lint trap in dryers after EVERY load. Besides being a safety hazard, clogged filters drive up energy costs.
		Air-dry some of your clothes and bedding....inside or outside.
I’m already doing this	Something I’ll do from now on	<i>Lighting</i>

		Turn lights and electronics off when you leave a room.
		Use compact fluorescent light bulbs. They'll last longer, give off less heat, and use a lot less energy! (Not recommended for use with dimmer switches.)
		Install motion sensor lights where practical.
		Use solar lights for patio or outside walkway instead of electric lights.
I'm already doing this	Something I'll do from now on	<i>Water Heating</i>
		Set your water heater thermostat at 120 degrees.
		Turn the thermostat on your water heater down if you are leaving for an extended period of time. Why heat water you're not using?
		Switch to tankless (on-demand) or a solar water heater.
I'm already doing this	Something I'll do from now on	<i>Other</i>
		Shift as much of your energy use to the evening (after 7pm and before 7am), or anytime on the weekends and holidays. You'll help minimize the need to build more power plants and lower the overall cost of electricity by reducing high demands for electricity during weekdays.
		Insulate your home. Take advantage of federal tax credits for home insulation that are poised to expire at the end of the year.
		Plant trees that lose their leaves in the winter along the south and southwest side of your home. They'll provide shade in the summer and let the sun shine through in the winter.
		Check for inefficiencies in your home by doing an energy audit ... hire a professional or do it yourself. See <a href="http://www.energysavers.gov/your_home/energy_audits/">http://www.energysavers.gov/your_home/energy_audits/</a> for do it yourself instructions.
		Take action and implement improvements identified through a home energy audit.
		<b>USE LESS WATER</b>
I'm already doing this	Something I'll do from now on	<i>Indoors</i>
		Promptly repair water leaks. A toilet leak can waste 2,000 - 15,000 gallons a month. A toilet left running can waste over 100,000 gallons a month.

		Keep a pitcher of water in your fridge rather than let your faucet run until the water cools.
		Take a shower instead of a bath, a shower typically uses less water. <i>Saves energy too by using less <u>heated</u> water.</i>
		Turn the shower water off while you lather up and shave your legs. <i>Saves energy too by using less <u>heated</u> water.</i>
		Take shorter showers.
		Install low-flow shower heads and flow restrictors and aerators on sink faucets. <i>Saves energy too by using less <u>heated</u> water.</i>
		Turn the water off while you brush your teeth.
I'm already doing this	Something I'll do from now on	<i>Outdoors</i>
		Sprinkle your lawn early in the morning or in the evening to minimize water lost by evaporation.
		Wash your car using a bucket of water, don't leave the hose running.
		Sweep your patio, sidewalk and driveway instead of using the hose. It's good exercise too!

You can check out your Carbon Footprint at [www.carbonfootprint.com](http://www.carbonfootprint.com)

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