

Big problems can be solved with small actions that, **TOGETHER**, add up to make a huge difference.

### Save Energy

- **Heat and cool more efficiently.** Climate control is the biggest energy hog in the house. Adjust your household thermostat 2° down in winter and 2° up in summer.
- **Switch to Energy Star appliances and light bulbs.** Install compact fluorescent lightbulbs (CFLs) which use 75% less energy and last 10 times as long. Changing 5 bulbs could save you \$150 or more in reduced energy bills.
- **Unplug!** The Department of Energy estimates 75% of the power used by home electronics comes when units are turned off, but are still plugged in. Save money and pull the plug.
- **Wash clothes in cold water.** About 90 percent of the energy is used to heat the water. If all American households switched to cold cycles, we could save the energy equivalent to 100,000 barrels of oil a day.

### Reduce Water Use

- **Don't let your money go down the drain.** Water use requires huge amounts of energy; to collect, treat, pump it to our houses and heat it. So fix faucet leaks, keep showers short and turn the sink off when you're not using it - this goes for brushing teeth, shaving, washing hands, and washing dishes.

### Go Paperless

- **Say yes to paperless banking and billing and no to ATM receipts.** If every American switched to online banking and online bill paying, it would decrease greenhouse gas emissions by 3.9 billion pounds - the same effect as removing 355,000 cars from the road for a year. If all the ATM users in the U.S. stopped getting receipts for one year, we would save over two billion feet worth of paper, enough to wrap around the equator fifteen times.

### Reuse and Recycle

- **Always recycle and e-cycle.** Not only are you avoiding landfill pollution, you are also reducing the energy and raw resources (paper, oil, metal) used for new products. According to the US EPA, recycling cuts CO<sub>2</sub>e by the equivalent of removing 39.6 million cars from the road. To find out where to go for recycle drop offs click here <http://earth911.com/>
- **Reuse, reuse, reuse!** Try not to use plastic utensils, cups, plates, paper towels and other disposables - and instead choose quality items with long lifespans. When you have parties, try the cool washable plastic plates and when you're on the go, carry a portable mug for water and coffee.

### Be a Smart Shopper

- **Vote with your wallet.** Look for products made from recycled, non-toxic, organic and biodegradable materials and support environmentally conscience companies. Also, opt for products with less packaging and avoid single-serve sizes and buy in bulk for fewer trips to the store, and more money saved.

### Eat Wisely

- **Try going vegetarian a few days a week.** Not only is it healthy for you, it's also healthy for the environment. If every American skipped one meal of chicken per week and substituted vegetarian foods instead, the carbon dioxide savings would be the same as taking more than a half-million cars off U.S. roads.

### Rethink Transportation

- **Drive smart and save \$\$ on gas.** Don't drive aggressively: rapid acceleration, excessive braking, and speeding over 55 mph all waste tons of gas. Also, if your car is stationary for more than 20 seconds, turn it off. If every driver in the US avoided idling for just 5 minutes a day, we would avoid more than 10 million tons of CO<sub>2</sub>.

### Lend a hand

- **Plant a tree...or two.** Deforestation is responsible for more CO<sub>2</sub> emissions than all the world's cars, trucks and planes combined - or 20% of total CO<sub>2</sub> emissions. So help us plant more trees!