

## 60 Simple Steps to Reduce Global Warming

Whenever you save energy - or use it more efficiently - you reduce the demand for gasoline, oil, coal and natural gas. Less burning of these fossil fuels means lower emissions of carbon dioxide, the major contributor to global warming. Right now the U.S. releases about 50,000 pounds of carbon dioxide per person each year. If we can reduce energy use enough to lower greenhouse gas emissions by about 2% a year, in ten years we will "lose" about 10,000 pounds of carbon dioxide emissions per person.

Here are 60 simple steps that can help cut your annual emissions of carbon dioxide by thousands of pounds. The carbon dioxide (or CO<sub>2</sub>) reduction shown for each action is an average saving.

These choices represent a good array of things more and less intense on the pocketbook and in time and effort.

### HOME APPLIANCES / GADGETS

1. Unplug/dispose of old fridge in basement. CO<sub>2</sub> reduction: 2500 pounds a year.
2. Replace old fridge (at least 10 years old) with ENERGY STAR fridge. CO<sub>2</sub> reduction: 2300 pounds a year.
3. Replace less than 10 year old fridge with an ENERGY STAR fridge. CO<sub>2</sub> reduction: 78 pounds a year.
4. Replace old clothes washer (at least 10 yrs old) with new ENERGY STAR clothes washer. CO<sub>2</sub> reduction: 850 pounds a year.
5. Replace less than 10 year old clothes washer with ENERGY STAR clothes washer. CO<sub>2</sub> reduction: 475 pounds a year.
6. Line dry clothes in summer. CO<sub>2</sub> reduction: 780 pounds a year. Line dry clothes all year (using indoor clothes drying rack adds benefit of additional humidity in the winter.) CO<sub>2</sub> reduction: 1400 pounds a year.
7. Cut phantom electric loads in half. (Phantom loads account for 6% of electric usage in the US). CO<sub>2</sub> reduction: 300 pounds a year.
8. Turn off home office equipment when not in use. CO<sub>2</sub> reduction: 140 pounds a year.
9. Run your dishwasher only with a full load. Use the energy-saving setting to dry dishes. Don't use heat when drying. CO<sub>2</sub> reduction: 200 pounds a year.
10. Replace less than 10 year old dishwasher with an ENERGY STAR dishwasher. CO<sub>2</sub> reduction: 100 pounds a year.
11. Need a new TV? Select an ENERGY STAR model. CO<sub>2</sub> reduction: 65 pounds a year.
12. Need a new VCR? Select an ENERGY STAR model. CO<sub>2</sub> reduction: 33 pounds a year.

### HOME HEATING AND COOLING

13. Ask your utility company for a home energy audit to find out where your home is poorly insulated or energy-inefficient. CO<sub>2</sub> reduction: Potentially, thousands of pounds a year.
14. Don't overheat or overcool rooms. Adjust your thermostat (lower in winter, higher in summer) CO<sub>2</sub> reduction (for each 2-degree adjustment): 500 pounds a year.
15. Clean or replace air filters as recommended. Cleaning a dirty air conditioner filter can save 5% of the energy used. CO<sub>2</sub> reduction: About 175 pounds a year.
16. Replace AC (9.0 to 12.0 SEER) CO<sub>2</sub> reduction: 185 pounds a year.
17. Install programmable thermostat to automatically adjust temperatures. CO<sub>2</sub> reduction: 600 pounds a year.
18. Insulate your walls and ceilings; this can save about 25% of home heating bills. CO<sub>2</sub> reduction: Up to 2000 pounds a year
19. If you need a new furnace, install ENERGY STAR furnace or boiler. CO<sub>2</sub> reduction: 1500 pounds a year.
20. If you need to replace your windows, install the best energy-saving models. CO<sub>2</sub> reduction: Up to 10,000 pounds a year.
21. Plant trees next to your home. Evergreens to the N & W, deciduous trees to the S & W to shade home. CO<sub>2</sub> reduction: about 2000 pounds a year.
22. Seal and insulate heating and cooling ducts. CO<sub>2</sub> reduction: 670 pounds a year.
23. Add air-gap window films to seal leaky windows in winter. CO<sub>2</sub> reduction: 400 pounds a year.
24. Add basement insulation. CO<sub>2</sub> reduction: 750 pounds a year.
25. Add low-e films. CO<sub>2</sub> reduction: 380 pounds a year.
26. Caulk and weatherstrip around doors and windows to plug air leaks. CO<sub>2</sub> reduction: Up to 1350 pounds a year.

### LIGHTING

27. Buy energy-efficient compact fluorescent bulbs for your most-used lights. CO<sub>2</sub> reduction (by replacing one frequently used bulb): about 100 pounds a year.
28. Turn off unneeded lights. CO<sub>2</sub> reduction: 380 pounds a year.
29. Light your Christmas tree with LED lights rather than incandescent. CO<sub>2</sub> reduction: 122 pounds a season.
30. Replace outdoor incandescent Christmas lights with LED. CO<sub>2</sub> reduction: up to 2300 pounds (10 strings a season).

*From: New Mexico Interfaith Power and Light*

31. Replace halogen lamp with compact fluorescent lamp.

CO2 reduction: 475 pounds a year.

**WATER**

32. Take shorter showers. (Showers account for 2/3 water heating costs.) CO2 reduction: 350 pounds.
33. Wash clothes in warm or cold water, not hot. CO2 reduction (for two loads a week): 500 pounds a year.
34. Turn down your water heater thermostat; 130 degrees to kill bacteria if you have a dishwasher, otherwise 120 degrees usually hot enough. CO2 reduction (for each 10 degree adjustment): 500 pounds a year.
35. Install low-flow shower heads to use less hot water. CO2 reduction: Up to 300 pounds a year.
36. Install faucet aerators. CO2 reduction: 20 pounds a year per faucet.
37. If you need a new hot water heater, buy an efficient hot water heater. CO2 reduction: 200 pounds a year
38. Replace standard electric hot water heater with on demand hot water heater. CO2 reduction: 3600 pounds a year.
39. Switch from electric/oil hot water heater to gas hot water heater. CO2 reduction: 1400 pounds a year.
40. Wrap your water heater in an insulating jacket (only if it is over 5 years old and has no internal insulation) CO2 reduction: Up to 1000 pounds a year.
41. Replace water bed with standard bed. CO2 reduction: 1300 pounds a year

**GETTING AROUND**

42. Whenever possible walk, bike, carpool or use mass transit. CO2 reduction (for every gallon of gasoline you save): 20 pounds.
43. When you buy a car, choose one that gets good gas mileage. CO2 reduction (if your new car gets 10 mpg more than your old one): about 10,000 pounds a year.
44. Buy a hybrid car. Average driver saves \$3750 per year. CO2 reduction: 16,000 pounds a year.
45. Check the inflation in your auto's tires monthly.  
CO2 reduction: 250 pounds a year.
46. Change your auto's air filter according to manufacturer's specifications. CO2 reduction: 200 pounds a year

**REDUCE, REUSE, RECYCLE**

47. Reduce waste by recycling: (if you cut down your garbage by 25%). CO2 Reduction: 1000 pounds a year

48. Reduce waste by buying minimally packaged goods; choose reusable products over disposable ones, begin composting, reuse garbage bags, buy food in bulk. CO2 reduction (if you cut down your garbage in this way by 10%). 900 pounds/ year

49. Use a manual push mower. CO2 reduction: 80 pounds a year

50. Bring cloth bags to the market. Reduces waste.

**RENEWABLES**

51. Add solar hot water heating system. CO2 reduction: 1500 pounds a year.
52. Install solar electric system to replace 10% of your annual electric needs. CO2 reduction: 1430 pounds a year.
53. Buy 100% post consumer recycled paper for your printer. CO2 reduction: 5 pounds per ream of paper (Available as of this printing at Staples.)

**OTHER / EQUALLY IMPORTANT**

54. Urge government leaders to raise mile per gallon standards for cars to 45 mpg and support utility vehicles and other light trucks to 34 mpg. It's one of the biggest steps we can take to control climate change, meaning billions of pounds of CO2 reduction.
55. Consider Green Tags or TRCs to 'replace' some of your CO2 emissions. Check out TerraPass or Native Energy.
56. Support the development of renewables from your local electric company! (According to the DNR Iowa gets 95% of its energy from the burning of fossil fuels.)
57. Reduce waste and promote energy-efficient measures at your school or workplace. Work in your community to set up recycling programs. CO2 reduction (for every pound of office paper recycled): 4 pounds a year.
58. Buy Fresh Buy Local and Buy Organic. The chemicals used in modern agriculture pollute the water supply and require energy to produce.
59. Reduce meat consumption and in turn reduce harmful methane gases.
60. Invest in businesses using and/or producing alternative energy sources or in other ways addressing climate change issues.

References: Environmental Defense, Rocky Mountain Institute, TenPercentChallenge, National Catholic Rural Life Conference, Seattle City Light, The Tides Foundation/StopGlobalWarming.org