

Are You Related to Big Foot? Measuring Your Carbon Footprint

Average US footprint per year is 22 tons or approximately 50,000 pounds



House: Energy Use in Homes accounts for 21% of CO2 emissions in US

Garbage:

Recycle, compost

Reduce packaging by bringing your own bags, reduce garbage by a one container size

Stop junk mail, write, Mail Preference Service, Direct Marketing Association, PO Box 9008, Farmington, NY 11735 and request that your name be removed from all 3rd class mailing lists or make a request via the internet at www.DirectMail.com/Junk_Mail

_____ For setting up a system so all recyclable waste gets recycled, credit yourself 1,300 pounds.

_____ If you reduce the amount of waste produced by one level or more credit yourself according to table below.

Amount of weekly waste before	Amount of weekly waste after	CO 2 credit reductions
90 gallon trash container amt.	60 gallon container amt.	3,120 lbs
60 gallon trash container amt.	35 gallon trash container amt	2,600 lbs
35 gallon trash container amt	20 gallon trash container amt	1,560 lbs

Water:

Showers--install low-flow shower heads and faucets, time your shower and reduce to 5 minutes or less

_____ For each person in your home that reduces shower to 5 minutes or less credit 300 pounds

_____ For each low flow shower head you install you reduce CO2 emissions by 250 pounds

Dishes—wash by hand or run dishwasher only on a full load, scrape food but don't rinse dishes, make sure kitchen faucet has an aerator, these save water flow by 25%

_____ Reducing dishwasher use by one load per week credit 100 pounds CO2 reduction

_____ Minimizing hot water use in hand washing dishes credit 125 pounds

Clothes washing—wear clothes until really dirty, do full loads of laundry, use a clothesline, if you do need a dryer separate fast and slow drying clothes and use automatic settings

_____ Switching one load of laundry a week from hot to cold water, credit 100 pounds CO2 annually

_____ Eliminate one dryer load a week save 260 pounds CO2 annually

_____ Bonus, if you purchase an energy star washer soon credit 500 pounds savings

Heating and Cooling:

Heating—set your thermostat at sweater between 65-68 during the day and 55-58 at night this action alone can credit you with 1,400 CO2 reduction a year _____

Hot Water Heater---set thermostat at 120 degrees F, give your heater a blanket, put setting on off or vacation when you are gone, insulate the first 5 feet of hot water pipes with foam sleeves, for the ultimate get a solar water heater.

_____ If you set heater between low and medium give yourself 150 pound credit

_____ If you install a blanket give yourself 175 lb credit

_____ If you plan to install a solar water heater give yourself 2,500 pound credit

Energy use:

Lights—do a room by room inventory of lights for those on at least 3 hours a day plan to replace them with CFL bulbs.

_____ Credit 500 pounds annually for replacing 5 bulbs

_____ Credit 100 pounds for each additional bulb that you replace

Heating---check for air leaks around windows, plug ins, fireplaces, purchase inexpensive weatherizing materials such as weatherstripping, caulk, insulating foam, plastic, door sweeps, etc. Get a furnace tune-up, seal and insulate warm air ducts. For long term actions evaluate insulation, windows and doors, and appliances. Purchase green power.

_____ Give yourself 800 pounds annually for weatherizing

_____ Credit 300 pounds for furnace tune-up

_____ Credit 800 pounds for sealing and insulating warm-air heating ducts

_____ Credit 1,200 pounds for insulating walls and attic within next year

_____ Credit yourself 800 pounds for adding storm windows or installing efficient windows or doors

_____ Credit 500 pounds for replacing an old refrigerator or furnace in the next year

_____ For each 100kWh of green power purchased give yourself 200 pounds CO2 reduction

Transportation: Autos account for 25% CO2 emissions in US with an average of 19 pounds per gallon of gas

Autos---service on a regular basis, buy a tire gauge to inflate tires properly

_____ 1,500 pounds annually for engine tune-up and maintaining tire pressure

Purchase a fuel efficient car. Page 32

Food:

Evaluate what you eat and how large is your food shed. Do you eat a lot of processed foods, do you grow any food, do you cook from scratch?

_____ Give yourself 800 pounds a year for changing eating habits to local and non-processed

Carbon Neutral Challenge:

Carbon neutral is less than 1000 pounds of CO2 a year.

To become carbon neutral deduct the amount you choose to save from your CO2 footprint before reductions. The amount you have left can be reduced by:

----Planting trees at 25 pounds per tree. A single tree will absorb one ton of carbon dioxide over its lifetime and it saves on cooling bills by 10-15%.

-----Purchase carbon credits to offset traveling

-----Help others reduce their emissions

Check out Interfaith Power and Light Cool Congregation Toolkit:

Materials adapted from Low Carbon Diet: A 30 Day Program to Lose 5000 Pounds, by David Gershon, Empowerment Institute, Woodstock, New York. www.empowermentinstitute.net



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