# What can you do about climate change? A lot, actually.

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. It takes 2 seconds to pull the plug... so do it!

• Wash clothes in cold water. Almost 90% of a washing machine's 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 and heat. So fix faucet leaks, keep showers short and turn the sink off when you're not using it.

• **Install a low flow showerhead.** Save water and money with a low-flow showerhead, which can can save up to 350 pounds of $CO_2$ emissions a year. Try a low flow faucet and toilet as well!

## 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, avoid single-serve sizes and buy in bulk for fewer trips to the store (and more money saved).

• Buy items made from recycled material. Millions of trees, as well as other valuable environmental resources, can be saved if more recycled material were used for new products. If every American home replaced a single 12-roll pack of regular toilet paper with recycled, it would save five million trees.

# Reuse and Recycle

• Always recycle and e-cycle. Not only are you avoiding landfill pollution, you're reducing the energy and raw resources used for new products. According to the EPA, recycling cuts $CO_2$ by the equivalent of removing 39.6 million cars from the road.

• **Reuse, reuse, reuse!** Avoiding disposables and throwaways will reduce the amount of energy and resources used to make new products and reduce landfill waste. When you have parties, use washable plastic plates and when you're on the go, carry a portable mug for water and coffee.

# Go Paperless

• Say yes to paperless banking. If every American switched to online banking and online billpay, it would decrease greenhouse gas emissions by 3.9 billion pounds - the equivalent of removing 355,000 cars from the road for a year.

• **Reduce unwanted mail.** The average American home receives a tree-and-a-half's worth of junk mail each year. Deforestation is responsible for 20% of global $CO_2$ emissions! Take control of your mailbox, save trees and get rid of unwanted catalogs and other envelopes you don't open.

# Eat Wisely

• Eat local produce. Locally grown foods require less transportation and less packaging, and therefore have a smaller environmental impact.

• Try going vegetarian a few days a week. It's healthy for you, and healthy for the planet. If every American substituted vegetarian foods for one meal a week, the $CO_2$ savings would be the same as taking more than a half-million cars off the road.

# Rethink Driving

• 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 $CO_2$.

• Check your tires. Proper inflation of vehicle tires can improve gas mileage by more than 3% and every gallon of gas saved keeps 20 pounds of carbon dioxide out of the atmosphere.