












Climate-friendly Checklist

Everyday actions that add up to powerful impact

Ever year, each American adds about 40,000 pounds (20 tons) of carbon dioxide (CO₂) pollution to the atmosphere. That's about five times the global average and enough to fill about four Olympic-sized swimming pools. The great news is that each of us have lots of options to do our part in reducing the tons of carbon we create. Many of these can even save us money on energy and gas bills. Step 1: Estimate how many tons of carbon you emit every year with carbon footprint calculators at www.carboncounter.org. Step 2: Use the checklist below to find ways that work for you to reduce your footprint. As you'll see, the little things add up in big ways!

Carbon-friendly Options	How Much It Helps (Estimated CO ₂ saved)	Potential Savings
THINK TWICE ABOUT FLYING		
 Choose trains or buses over planes when possible. Air travel is a HUGE source of carbon emissions. If you must fly frequently, explore buying "offsets" at www.terrapass.com .	<ul style="list-style-type: none"> • 285 lbs per hour of flying skipped. • 2,000 lbs for every long-haul (7-hour) flight skipped. 	Variable
MAKE YOUR HOME CLIMATE-FRIENDLY		
 Replace old windows with double-pane Energy Star windows (Just closing curtains saves about 160 lbs CO ₂ a year per household)	<ul style="list-style-type: none"> • 10,000 lbs/yr if you replace 6 medium-to-large windows. 	\$436/yr
 Adjust your thermostat 2° F down in winter, 2° F up in summer—more when not home. Install a programmable thermostat for more savings.	<ul style="list-style-type: none"> • 2,000 lbs/yr for an average home, more with a programmable thermostat. 	\$98/yr
 Replace refrigerators and other appliances with those labeled Energy Star.	 <ul style="list-style-type: none"> • 1,700 lbs/yr per fridge; and • 1.4 lbs per kWh saved with other replacements. 	\$150/yr fridge
 Replace old light bulbs with energy-smart compact fluorescents. They use 66% less energy and last 10 times longer.	<ul style="list-style-type: none"> • 150 lbs/yr per bulb 	\$20/yr per bulb
 Check your water heater. Water heaters account for nearly a ¼ your home's energy use. Keep thermostat no higher than 120°F.	<ul style="list-style-type: none"> • 550 lbs/yr 	\$30/yr
 Only run a dishwasher with a full load.	<ul style="list-style-type: none"> • 200 lbs/yr or much more. 	\$40/yr
 Clean or replace dirty air conditioner filters regularly.	<ul style="list-style-type: none"> • 350 lbs/yr 	\$150/yr
 Take shorter showers and/or install a low-flow showerhead—An average American spends \$60 per year heating water for daily showers. Less time and less water means less energy used.	<ul style="list-style-type: none"> • 330 lbs/yr if you shave 1 minute (or 5 gallons) off your daily shower. 	\$12/yr
 Switch off TVs and VCRs at the plug! About 85% of your VCR's electricity consumption takes place while it is not actually on. America's TVs currently draw enough energy on standby to create 1 million extra tons of CO ₂ emissions. Buy a "Smart Power Strip" at www.smarthomeusa.com that will do the work for you automatically.	<ul style="list-style-type: none"> • hundreds of lbs/yr for each device switched off when not in use. 	Up to 10% of your energy bill.




Want to do more? Energy-smart devices, superior insulation, solar water heaters, green roofing--find a wealth of information on www.eere.energy.gov. Explore cash-back programs from your energy provider on www.dsireusa.org. FOR BIG IMPACT: Find out if you can switch to a green power provider at www.eere.energy.gov/greenpower.

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NATIONAL GEOGRAPHIC'S
STRANGEDAYS
ON PLANET EARTH


CUT YOUR CAR'S CARBON IMPACT

	Make your car more efficient by: 1) changing your car's air filter regularly (and increasing gas mileage by up to 10%) and; 2) by keeping your tires adequately inflated.	1) 800 lbs/yr 2) 250 lbs/yr (For average of 200 miles per week in a 22 mpg vehicle).	\$970/yr total
	Buy a more efficient or hybrid car. Just a 2.7 mpg improvement for every car in use today would mean no more oil needed from the Persian Gulf. See www.fueleconomy.gov/ for everything you need to know.	The typical US car emits about 20,000 lbs/yr (10 tons). A 40 mpg car traveling 11,000 miles/yr only emits 7,500 lbs.	Variable Avg. drivers could save \$3,750 driving a hybrid.
	Leave the car at home. Half of U.S. car trips are under 3 miles. Consider walking, taking a bike or carpooling more. Learn how you can get by easily without even owning a car at www.carsharing.net .	Variable: Whatever you can do to reduce the tonnage helps.	Variable



SHOP WITH THE CLIMATE IN MIND

	Buy local products. The average food item bought in the U.S. has traveled 1500 miles. So BUY LOCALLY PRODUCED GOODS, not just groceries – everything! Search the National Green Pages online for eco-friendly local suppliers at www.coopamerica.org .	Variable. e.g.: choosing a bunch of Californian over Chilean grapes would spare the climate about 5,500 food miles.	Variable
	Avoid packaging. Buy in bulk. Packaging requires energy (and carbon emissions) to manufacture.	1,200 lbs/yr for every 10% of packaging you avoid.	Best savings come from bulk-buying.


RE-USE, RECYCLE, BUY RECYCLED EVEN MORE

	Increase the glass, paper and plastic you recycle and REUSE WHEN YOU CAN. Waste management requires lots of energy, and landfills generate global warming methane. If each American recycled the newspaper 1 day a week, we'd save 36 million carbon-storing trees!	1100 lbs/yr if you can cut your garbage by half a trash bag per week.	
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HELP YOUR WORKPLACE GO CLIMATE-FRIENDLY

	Encourage your colleagues to switch off computers. It is a myth that it takes more energy to start a computer than to run one continuously. Even screensavers don't save anything.	Variable. e.g. A big computer left on 24/7 creates an amazing 4,700 lbs/yr.	Figures are brand-specific, but hundreds of dollars can be saved here.
	There's so much more offices can do! Encourage an office manager (or lead the effort yourself) to take these 2 simple steps: 1) Calculate office's footprint at www.thegreenoffice.com/footprint 2) Then draw up a carbon-cutting plan, using www.climatebiz.com	Remember that this is where your actions begin to make a big difference. Encourage others to educate themselves and watch the wave of change build momentum.	Climate-friendly, energy-efficient steps usually pay for themselves quickly and end up generating big savings.

CUT WHAT CARBON YOU CAN, OFFSET THE REST

	For as little as \$5 a ton (2,000 lbs) you can offset what you can't cut by supporting the clean energy market and other projects—and get a 100% tax deduction too! Try www.carbonfund.org .	Variable: e.g.: Offset 10,000 pounds/year (5 tons) for about \$25.	
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SPREAD THE WORD, JOIN THE CHORUS & BRING CHANGE

	Your voice counts. Share what you're discovering. Tell elected officials you support policies to tackle global warming (voting records at www.lcv.org). Join the Virtual March to Stop Global Warming www.stopglobalwarming.org .	Remember, this is where your actions begin to make an exponential difference.	
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