

# Climate-Friendly CHECKLIST

*Everyday Actions That Add Up To Powerful Impact*

**STEP 1:** Estimate how many tons of carbon you emit every year with carbon footprint calculators at [www.bp.com/carbonfootprint](http://www.bp.com/carbonfootprint) or [www.carboncounter.org](http://www.carboncounter.org). Each American averages 40,000 pounds (20 tons) per year.

**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 <i>(Appx Tons Of CO<sub>2</sub> Saved)</i>	Potential Savings
<b>THINK TWICE ABOUT FLYING</b>		
<p>☑ <b>Choose trains or buses over planes when possible.</b> Air travel is a HUGE source of carbon emissions. If you must fly frequently, explore buying "offsets" (<i>see reverse</i>).</p>	<p><b>285 lbs per hour</b> of flying skipped and <b>2000 lbs</b> for every long-haul (7-hour) flight skipped.</p>	<p><b>Variable</b></p>
<b>MAKE YOUR HOME CLIMATE-FRIENDLY</b>		
<p>☑ <b>Replace old windows</b> with double-pane Energy Star windows (<i>Just closing curtains saves about 160 lbs CO<sub>2</sub> a year per household</i>)</p>	<p><b>10,000 lbs/yr</b> if you replace 6 medium-to-large windows.</p>	<p><b>\$436/yr</b></p>
<p>☑ <b>Adjust your thermostat</b> 2 degrees down in winter, 2 up in summer — more when not home. Install a programmable thermostat for more savings.</p>	<p><b>2000 lbs/yr</b> for an average home, more with a programmable thermostat.</p>	<p><b>\$98/yr</b></p>
<p>☑ <b>Replace Refrigerators and other appliances</b> with Energy Star labeled ones.</p>	<p><b>1700 lbs/yr</b> per fridge; and <b>1.4 lbs per kWh</b> saved with other replacements.</p>	<p><b>\$150/yr</b> for a fridge</p>
<p>☑ <b>Replace old light bulbs</b> with energy-smart compact fluorescents. They use 66% less energy and last 10 times longer.</p>	<p><b>150 lbs/yr per bulb</b></p>	<p><b>\$20/yr</b> per bulb</p>
<p>☑ <b>Check your water heater.</b> Water heaters account for nearly ¼ your home's energy use. Keep thermostat no higher than 120°F.</p>	<p><b>550 lbs/yr</b></p>	<p><b>\$30/yr</b></p>
<p>☑ <b>Run dishwasher with full load</b>, dry using energy-saving mode.</p>	<p><b>200 lbs/yr</b> or much more.</p>	<p><b>\$40/yr</b></p>
<p>☑ <b>Clean or replace dirty air conditioner filters</b> regularly.</p>	<p><b>350 lbs/yr</b></p>	<p><b>\$150/yr</b></p>
<p>☑ <b>Take shorter showers</b> – An average American spends \$60 per year heating water for daily showers. Less time means less energy used (or simply install a low-flow showerhead).</p>	<p><b>330 lbs/yr</b> if you shave 1 minute (or 5 gallons) off your daily shower.</p>	<p><b>\$12/yr</b></p>
<p>☑ <b>Turn off standby VCRs and other electronics.</b> About 85% of your VCRs energy consumption happens when it's not in use. Same with your TVs and other appliances. Buy a "Smart Power Strip" at <a href="http://www.smarthomeusa.com">www.smarthomeusa.com</a> to do the work for you.</p>	<p><b>Hundreds of lbs/yr</b> for each device switched off when not in use.</p>	<p>Possibly 10% of your energy bill — just to lose those little red lights.</p>
<p>☑ <b>Switch to green power.</b> Find out if you can switch to a green energy provider. <a href="http://www.eere.energy.gov/greenpower">www.eere.energy.gov/greenpower</a>.</p>	<p><b>Potentially thousands of lbs/yr.</b></p>	<p><b>Variable</b></p>

## One-Stop HOME INFORMATION SOURCES

[www.coopamerica.org](http://www.coopamerica.org)  
[www.eere.energy.gov/consumer](http://www.eere.energy.gov/consumer)

## Tell Decisionmakers YOU CARE

**Multiply Your Impact:** Demand more of yourself, and your elected officials too. These sites make it easy:  
[www.stopglobalwarming.org](http://www.stopglobalwarming.org), [www.ucsusa.org](http://www.ucsusa.org),  
[www.environmentaldefense.org](http://www.environmentaldefense.org)

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<b>CUT YOUR CAR'S CARBON IMPACT</b>		
<ul style="list-style-type: none"> <li>✓ <b>Make your car more efficient</b> by changing your car's air filter regularly (and increasing gas mileage by up to 10%) and keeping your tires adequately inflated.</li> <li>✓ <b>Buy a more efficient or hybrid car.</b> Just a 2.7mpg improvement for every car in use today would mean no more oil needed from the Persian Gulf. See <a href="http://www.fueleconomy.gov/">www.fueleconomy.gov/</a> to explore options.</li> <li>✓ <b>Leave the car at home.</b> Half of US 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 <a href="http://www.carsharing.net">www.carsharing.net</a>.</li> </ul>	<p>1) <b>800 lbs/yr</b> 2) <b>250 lbs/yr</b> <i>(For average of 200 miles per week in a 22mpg vehicle).</i></p> <p>The typical US car emits about <b>20,000 lbs/yr (10 tons)</b>. A 40mpg car traveling 11,000 miles/yr only emits <b>7,500 lbs</b>.</p> <p>Variable: Whatever you can do to reduce the tonnage helps.</p>	<p><b>\$970/yr total</b></p> <p><b>Variable.</b> Avg. drivers could save \$3,750 driving a hybrid</p> <p><b>Variable</b></p>
<b>SHOP WITH THE CLIMATE IN MIND</b>		
<ul style="list-style-type: none"> <li>✓ <b>Buy local products.</b> The average food item bought in the US has traveled 2000 miles. So BUY LOCALLY PRODUCED GOODS, not just groceries — everything! Search the National Green Pages online for eco-friendly local suppliers at <a href="http://www.coopamerica.org">www.coopamerica.org</a>.</li> <li>✓ <b>Avoid Packaging.</b> Buy in bulk. Packaging requires energy (and carbon emissions) to manufacture.</li> </ul>	<p>Variable. <i>E.g.:</i> choosing a bunch of Californian over Chilean grapes would spare the climate about 5,500 food miles.</p> <p><b>1,200 lbs/yr</b> every 10% of packaging you avoid.</p>	<p><b>Variable</b></p> <p>The best savings come from bulk-buying.</p>
<b>RE-USE, RECYCLE, BUY RECYCLED EVEN MORE</b>		
<ul style="list-style-type: none"> <li>✓ <b>Increase the glass, paper and plastic you recycle and re-use</b> when you can. Waste management requires energy and landfills generate global warming methane. Local recycling info at <a href="http://www.earth911.org">www.earth911.org</a>.</li> </ul>	<p><b>1100 lbs/yr</b> if you can cut your garbage by half a trash bag per week.</p>	
<b>HELP YOUR WORKPLACE GO CLIMATE-FRIENDLY</b>		
<ul style="list-style-type: none"> <li>✓ <b>Encourage your colleagues to switch off computers.</b> It is a myth that it takes more energy to start a computer than to run one continuously.</li> <li>✓ <b>There's so much more offices can do!</b> Encourage an office manager (or lead the effort yourself) to take these 3 simple steps: 1) Calculate office's footprint at <a href="http://www.thegreenoffice.com/footprint">www.thegreenoffice.com/footprint</a> 2) Consult guidelines at <a href="http://www.coopamerica.org/programs/shopunshop/buyinggreen/greenyouoffice.cfm">www.coopamerica.org/programs/shopunshop/buyinggreen/greenyouoffice.cfm</a> 3) Then draw up a carbon-cutting plan, using <a href="http://www.climatebiz.com">www.climatebiz.com</a></li> </ul>	<p>Variable. <i>E.g.:</i> A big computer left on 24/7 creates an amazing <b>4,700 lbs/yr</b>.</p> <p>This is where your actions begin to make a <b>BIG difference</b>. Lead others to educate themselves and watch the wave of change build momentum.</p>	<p>Figures are brand-specific but hundreds of dollars can be saved here.</p> <p>Climate-friendly, energy-efficient steps usually pay for themselves quickly and end up generating big savings.</p>

## Offset CARBON YOU CAN'T CUT

For as little as \$5 a ton you can support carbon reduction efforts and get a 100% tax deduction too.

Try [www.carbonfund.org](http://www.carbonfund.org) and [www.conservation.org](http://www.conservation.org).

Compiled by:  
[www.seastudios.org](http://www.seastudios.org)

**Sea Studios**  
FOUNDATION

Sources: [ClimateCrisis.net](http://ClimateCrisis.net), The Climate Group, Climate Solutions, Environmental Defense, EPA, Sierra Club, StopGlobalWarming.org, WRI