

## Suggested Lifestyle Changes to Reduce Your Carbon Footprint

These suggested activities are taken from a variety of authors: Laurie David (CA), David Gershon (NY), Bob Olson (VA), Nicole Killion (MD), and Susan Lower (MD).

Some are things you: are **already doing**; can **start now** when you get home; can **do soon** with a little practice, planning, or money; can **do later** with more preparation or money; and some you may **never do**, because you can't, do not need to do, or simply choose not to do. Dollar signs (\$) indicate relative cost. See how many fit your life style.

ACTION	DOING NOW	START NOW	DO SOON	DO LATER	DO NEVER
<b>IN YOUR HOME - garbage</b>					
Reduce garbage					
Reduce, Reuse, Precycle, and Recycle					
Use "real" plates, cups, silverware					
Use cloth napkins \$					
Compost fruit/vegetable kitchen scraps \$					
<b>IN / AROUND YOUR HOME - lights</b>					
Turn off lights when you leave room					
Partially unscrew unneeded bulbs					
Use compact florescent bulbs \$					
<b>IN YOUR HOME - HVAC</b>					
Work with the sun (open/close blinds)					
Open windows					
Use fans					
Use ventilation fans only when needed					
Close off / don't heat unoccupied rooms					
Close your fireplace damper					
Tune up your furnace \$					
Change AC filter as recommended \$					
Put on a sweater					
Adjust thermostat, summer-↑, winter- ↓					
Set thermostat to 55-58° on winter nights					
Get a programmable thermostat \$					
Get an energy audit \$					
Weatherize your home \$\$					
Insulate your home \$\$					
Insulate warm-air ducts \$\$					
Buy energy efficient furnace \$\$					
Buy Energy Star HVAC \$\$					
Switch to double pane windows \$\$\$					
Plant a tree \$					
Buy energy certificates \$					
Sign up for wind / green power \$\$					
Install Solar Panels \$\$\$\$					
<b>IN YOUR HOME - appliances</b>					
Unplug unused electronics					
Turn off electronics completely using power strips					
Air dry your clothes					
Reduce number of washer loads					
Reduce number of dryer loads					
Insulate your water heater \$					
Replace old appliances \$\$					
Buy Energy Star washer \$\$					
Buy Energy Star dishwasher \$\$					
Replace old refrigerator \$\$\$					
Install a solar hot water system \$\$\$\$					

ACTION	DOING NOW	START NOW	DO SOON	DO LATER	DO NEVER
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**IN YOUR HOME – hot water**

Set your water heater to 120°					
Wash in cold water					
Adopt sustainable dish-washing habits					
Fill the dishwasher					
Don't leave water running					
Take shorter showers					
Install a low-flow showerhead \$					

**IN YOUR HOME – miscellaneous**

Reduce junk mail					
Use a push mower \$\$					
Use environmentally friendly cleaners					
Don't use pesticides					
Wash clothes rather than dry clean					

**AS YOU TRAVEL**

Inflate your tires correctly					
Change your air filter					
Tune up engine					
Combine trips					
Reduce weight in your trunk					
Develop earth-smart driving practices					
Reduce miles driven					
Carpool when you can					
Take public transit, walk, or bike					
Buy a fuel efficient car \$\$\$\$					
Buy a hybrid car \$\$\$\$					
Buy an electric or solar car \$\$\$\$					

**WHEN YOU WORK**

Use recycled paper					
Print on both sides					
Hibernate your computer					
Telecommute					
Buy a flat-screen monitor \$\$					

**WHEN YOU SHOP**

Buy locally produced products					
Buy minimally packaged goods					
Buy in bulk					
Don't buy bottled water					
Bring cloth bags to the market					
Buy less stuff					
Ask store to carry green products					

**WHEN YOU EAT**

Save energy cooking (lids, microwave)					
Reduce your consumption of meat					
Eat local food					
Buy organic foods \$					
Join a CSA (Community Supported Agriculture, subscription farm share)					
Grow your own organic food \$\$					

**MISCELLANEOUS**

Calculate your carbon footprint					
Support environmental organizations					
Purchase carbon offsets					
Purchase travel offsets					
Sign up for email alerts					
Inspire, encourage, educate your friends					
Contact elected officials					