

HELP US REACH THE 2020 GOAL BY LOSING 4,200 POUNDS AT HOME

Energy Savings Actions

1	○ Raise cooling thermostat 4 degrees.	60-240 lbs CO ₂ e
2	○ Reduce number of warm or hot clothes wash loads per week. (Run full loads)	100 lbs CO ₂ e per load less
3	○ Reduce electric dishwasher use per week. (Run full loads)	100 lbs CO ₂ e per load less
4	○ Install LED light bulbs. (Swap out older)	100 lbs CO ₂ e per bulb
5	○ Purchase an Energy Star dishwasher.	125 lbs CO ₂ e
6	○ Set your water heater to 120°F.	150 lbs CO ₂ e
7	○ Insulate your hot water heater.	175 lbs CO ₂ e
8	○ Install low-flow shower heads.	250 lbs CO ₂ e
9	○ Reduce shower time to 5 minutes.	300 lbs CO ₂ e/person
10	○ Get a furnace tune-up.	300 lbs CO ₂ e
11	○ Replace or clean AC filters as recommended.	350 lbs CO ₂ e
12	○ Upgrade to an Energy Star front load washer.	500 lbs CO ₂ e
13	○ Purchase "Green Energy" from FC Utilities.	500 lbs CO ₂ e
14	○ Turn your appliances all the way off. (Unplug load when not in use)	600 lbs CO ₂ e
15	○ Purchase an Energy Star air conditioner.	600 lbs CO ₂ e
16	○ Install storm or high-efficiency windows.	800 lbs CO ₂ e
17	○ Seal and insulate heating ducts.	800 lbs CO ₂ e
18	○ Thoroughly seal air leaks in your home with duct mastic.	800 lbs CO ₂ e

Continued on reverse.

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| 19 ○ Insulate your walls and attic to R49. | 1,200 lbs CO2e |
| 20 ○ Set heating thermostat to 65-68°F when home and active; 55-58°F at night and when no one is home. | 1,400 lbs CO2e |
| 21 ○ Purchase an energy-efficient, properly sized furnace. | 2,400 lbs CO2e |
| 22 ○ Install a high efficiency hot water heater. | 2,500 lbs CO2e |

Fuel Saving Actions

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| 23 ○ Purchase carbon and/or travel offsets. | Variable |
| 24 ○ Register for National Bike Challenge. (Ride 20 miles per week) | 112 lbs CO2e |
| 25 ○ Ride your bike to work once a week. | 112 lbs CO2e |
| 26 ○ Reduce miles driven in a car or truck by 20%. | 450 - 4,000 lbs CO2e |
| 27 ○ Employ fuel efficient driving practices. | 1,100 lbs CO2e per vehicle |
| 28 ○ Get an engine tune-up and maintain air pressure in your tires. | 1,500 lbs CO2e |
| 29 ○ Purchase a more fuel-efficient vehicle than you currently drive. | 2,000 - 10,000 lbs CO2e |

Solid Waste Saving Actions

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| 30 ○ Recycling curbside 100% | 1,300 lbs CO2e |
| 31 ○ Reduce solid waste (60-35 gals = 2,600 lbs CO2e & 90-60 = 3,120 lbs CO2e). | 2,600 - 3,120 lbs CO2e |

Health Related Actions

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| 32 ○ Check your home for radon. | N/A |
| 33 ○ Raise cooling thermostat 4 degrees. | 60-240 lbs CO2e |
| 34 ○ Plant trees. | 25 lbs CO2e / tree |
| 35 ○ Switch from meat to vegetarian meals one or more days a week. | 700 lbs CO2e per regular day switched |