

## STEPS TO REDUCE YOUR CARBON FOOTPRINT

	Amount CO <sub>2</sub> saved per year	
Reduce your amount of weekly trash	3000 lbs.	30 gallons less weekly
Reduce each person's shower time to 5 min. or less	175 lbs. / person	
Install a low-flow showerhead	250 lbs. each	
Reduce dishwasher use by one load per week	175 lbs.	
Minimize hot water use for handwashing	125 lbs. / person	
Plan to buy EnergyStar dishwasher within year	100 lbs.	
Switch one load of laundry from hot to cold water	275 lbs. / load	
Eliminate need for one dryer load each week	200 lbs.	
Plan to buy EnergyStar front-loading washer within year	500 lbs.	
Change thermostat to 65-68 during day and 55-58 at night	1400 lbs.	Programmable easiest
Replace or clean the air conditioner filter as recommended	350 lbs.	
Raise air conditioner thermostat 4 degrees	20 lbs. / month	
Replace air conditioner with EnergyStar model within year	600 lbs.	
Reduce water heater thermostat setting to 120 F	150 lbs.	
Install a water heater insulating blanket	175 lbs.	
Plan to install solar water heater within year	2500 lbs.	
Install compact fluorescent light (CFL) bulbs	100 lbs. / bulb	
Thoroughly seal air leaks in your home	800 lbs.	Lock windows
Have an annual furnace tune-up	300 lbs.	
Seal and insulate warm-air heating ducts	800 lbs.	
Replace furnace with energy-efficient model within year	2400 lbs.	
Insulate walls and attic within year	1200 lbs.	
Install storm windows or high-efficiency windows within year	800 lbs.	
Replace refrigerator with EnergyStar model	500 lbs.	
Purchase green electricity	200 lbs. / 100 kWh	100 kWh blocks
Annual engine tune-up and maintaining tire pressure	1500 lbs. / vehicle	
<b>Implement fuel efficient driving practices</b>	1200 lbs. / vehicle	Save 55 gal. gas / year
Plan your route to prevent idling		
Rid your car of unnecessary weight		
Maintain a steady speed		
Anticipate stops and slowdowns		
Drive between 45 and 55 mph when possible		
Turn off your engine when you stop for more than a minute		

### Reduce number of vehicle miles traveled

20% reduction goal   Varies by mpg

Miles driven per year	CO <sub>2</sub> Emissions from Vehicles (Pounds)								
	15 mpg	20 mpg	25 mpg	30 mpg	35 mpg	40 mpg	45 mpg	50 mpg	60 mpg
5,000	6,666	5,000	4,000	3,333	2,857	2,500	2,222	2,000	1,667
7,500	10,000	7,500	6,000	5,000	4,286	3,750	3,333	3,000	2,500
10,000	13,333	10,000	8,000	6,667	5,714	5,000	4,444	4,000	3,333
12,500	16,667	12,500	10,500	8,333	7,143	6,250	5,556	5,000	4,167
15,000	20,000	15,000	12,000	10,000	8,571	7,500	6,667	6,000	5,550
20,000	26,667	20,000	16,000	13,333	11,429	10,000	8,889	8,000	6,667

**BUY CARBON OFFSETS**

Created using *Low Carbon Diet* by David Gershon