

Things individuals and families can do to cut carbon (and save money!)

Kitchen Advice

Use minimum amount of water when cooking pasta
Turn oven and/or stove off before end of cooking time to save energy
Eat low on the food chain; goal is to eat red meat only once a week (or less!)
Food waste is #3 on global causes of climate change; minimize food waste in your house
Use powdered dish and laundry detergent (using liquids uses a lot more fuel to transport that water, “pods” use oil-based-plastics to make pods)
Use non-petroleum, non-phosphate laundry detergent and dishwasher soap
Prepare food fresh, rather than canned, frozen, or pre-packaged
Try starting a small garden for growing some of your own food
Buy bamboo products rather than wood or plastic (many sold at Target)
Minimize use of paper plates and plastic utensils (which are made using oil); if you need paper plates use tree-free (such as from <http://www.biodegradablestore.com/>)

Recycling / Reuse Advice

Use 100% recycled paper products, including toilet paper, paper towel, napkins, copy paper, sticky notes (many available locally at Organic Food Depot or online).
Grocery shop (and other shopping) using cloth and string bags
Consider milk (in glass) delivered from local dairy rather than in plastic bottles
Print double-sided
Recycle all feasible materials
 Recycle all paper, cardboard, plastic, aluminum, and steel cans
 Re-use or recycle plastic grocery bags
 Save and re-use, or take to packing store, all bubble wrap and Styrofoam peanuts
 Re-use egg crates (take back to store for re-use by poultry farm)
 Recycle all home appliances and electronics at e-cycle days (rather than throwing in trash)
 Use recycled toothbrushes (Preserve toothbrushes can also be recycled; order from <http://www.preserveproducts.com/>)
Use rechargeable batteries (saves lots of \$)
Use reusable water bottles instead of disposable plastic, see <http://www.storyofstuff.org/movies-all/story-of-bottled-water/>
(Politely) ask your favorite restaurant to switch from Styrofoam cups and to-go containers to something less toxic, or recyclable

Home and Transport Energy Use

Turn lights off when not using them!
Do laundry in cold water where possible
Don't dry clothes all the way in dryer -- hang dry after short time in dryer
Run dishwasher in energy-saver dry mode
Caulk all possible leaks in your house using caulk or Great Stuff foam; likely leaks are plumbing connections under sinks and for toilets, around windows and doors
Consider a door fan test, energy audit or IR pictures of house to identify places with heat leaks
Consider Energy Star appliances
Use fluorescent light bulbs or LED instead of incandescent
Use LED Christmas lights

Try to have heating and A/C turned off when outdoor temperatures are benign-- goal is at least 1 month off each in spring and fall

Keep your thermostat at 68 in winter, 78 in summer; consider getting programmable thermostat to change settings when out or asleep

Set water heater to 120F

Consider a whole house fan to help cool the house at night in spring and fall, and solar-powered attic fans to cool attic

Telecommute rather than going to work whenever possible – 2 days a week of telecommuting saves 40% of your commuting carbon and 40% of gas cost!

Carpool wherever possible

Ride your bike whenever you can!

Consider travel by bus or train when possible

Consider an electric or hybrid car for your next car purchase

Check your tire pressure once a month. Your car loses fuel economy when air pressure is below the optimal level.

Use car's A/C sparingly

Try to combine short errands

If you rent a car in another city, consider a hybrid

Gardening / Water use

Compost food and yard waste

Plant/landscaping with native plants, which use less water and fertilizer

Minimize lawn area, so you don't have to mow

Rake rather than use a blower

Consider a push-style reel mower rather than gas-powered

Mulch-cut lawn instead of bagging clippings

Pick up your pet's waste