

Join The Energy Diet!

Every year, the average American generates about 15,000 pounds of carbon dioxide, the principal greenhouse gas that contributes to global warming. Two areas that make up most of these emissions are home energy use and transportation.

Small changes to our daily routines can add up to big changes in helping to stop global warming. Here are some easy, cost-saving actions you can take, as well as information about how much carbon dioxide you'll lose. Check the boxes for things you will do or have done already (if you're already a carbon skinny, that counts too!) and count your carbon dioxide losses and financial gains!

Things You Can Do At Home	Average Annual Savings	
	CO ₂	Cost
<i>Most emissions from homes are from fossil fuels burned to generate electricity and heat. By using energy more efficiently, you can reduce emissions and lower your energy bill by more than 30%.</i>		
☐ Replace ___ regular incandescent light bulbs with compact fluorescent light bulbs ("CFLs"). <i>CFLs use about 75% less energy and last up to 10 times longer than a regular bulb.</i>	1 bulb = 100 lbs My savings:	\$20 My savings:
☐ Set your thermostat down one degree in winter and up one degree in summer. <i>Roughly 45% of home energy use is for heating and cooling.</i>	1000 lbs	\$98
☐ Clean or replace filters on your furnace and air conditioner. <i>Cleaning a dirty air filter can save 350 lbs of CO₂ a year.</i>	350 lbs	
☐ Set your hot water heater to 120°F. <i>Water heating is the third largest energy cost in your home, and accounts for about 13% of your utility bill. 120°F provides comfortable hot water for most uses.</i>	500 lbs	\$30
Use less hot water by doing any of the following:		
☐ Install a low-flow, aerating showerhead.	300 lbs	\$150
☐ Wash clothes in cold or warm water instead of hot. <i>Unless you're dealing with oily stains, warm or cold water does a good job of cleaning clothes, including white ones.</i>	500 lbs	
☐ Run the dishwasher only when it's full to cut down the number of loads from 6 to 4 per week.	200 lbs	
☐ Wrap your water heater with an insulation blanket if it's warm to the touch or more than seven years old. <i>Newer water heaters don't need an insulation blanket.</i>	1000 lbs	\$40
☐ Plug your TV, VCR and DVD into a power strip and turn the strip off when you're not using them. <i>Or simply unplug them from the outlet.</i>	Total: 200 lbs	
☐ Do the same for your computer. <i>Even when turned off, products like these, plus cell phone chargers and coffeemakers, use electricity in standby mode.</i>	115 lbs	
☐ Call 10 retailers and ask them to stop mailing catalogs to you. <i>The average catalog is 90 pages and is sent once a month.</i>	154 lbs	
☐ Properly insulate your walls and ceilings. <i>OK, maybe this isn't such an "easy" action to take, but only 20% of homes built before 1980 are well insulated!</i>	2000 lbs	25% of your home heating bill
☐ Weatherize your home by caulking and weather-stripping doorways and windows.	1000 lbs	\$245

Things You Can Do When You're On The Move <i>Nearly one third of the CO₂ emitted in the U.S. comes from cars, trucks and airplanes.</i>	Average Annual Savings	
	CO ₂	Cost
۞ Check and replace your car's air filter regularly. <i>Replacing a clogged air filter can help improve fuel economy by up to 10% and helps protect your engine.</i>	800 lbs	10% improvement in gas mileage
۞ Keep your tires properly inflated and check them regularly.	250 lbs	3% improvement in gas mileage
۞ Choose a more fuel-efficient vehicle for your next car.	1000 lbs	~\$76/year for each 1 mpg in better fuel economy
۞ Reduce the number of miles you drive by walking, biking, carpooling, taking mass transit, or combining errands into fewer trips. <i>Reducing just 10 miles of driving per week eliminates 500 lbs. of CO₂ per year.</i>	500 lbs	
۞ Avoid rapid acceleration, hard braking and speeding. <i>Gas mileage usually decreases rapidly at speeds over 60 mph.</i>		Improve your city mileage by up to 5% and your highway mileage by up to 33%.
Add up your total savings:		

For a Jewish perspective on combating global warming, see the website of the Coalition on Environment and Jewish Life ("COEJL") at <http://www.coejl.org/index.php>.

Additional energy-savings tips can be found at <http://www1.eere.energy.gov/consumer/tips/index.html>, <http://www.stopglobalwarming.org/carboncalculator.asp?c=0>, <http://www.climatecrisis.net/takeaction/whatyoucando/>, and <http://www.fueleconomy.gov/feg/drive.shtml>.

Detailed information and reviews of Compact Fluorescent Lights are available at <http://www.environmentaldefense.org/page.cfm?tagid=632&campaign=mts>.

You can calculate your CO₂ emissions at <http://www.climatecrisis.net/takeaction/carboncalculator/>.