Use Less Stuff Tips

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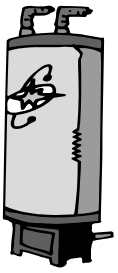
Do you want to save money, conserve resources or help stop global warming? Here's what you can do . . . Just start with a few

Use Compact Fluorescent Bulbs
If you replace 3 frequently used light bulbs with compact fluorescent bulbs, you could save up to $60 and 300 lbs. of carbon dioxide emissions per year. (Energy Star claims that one compact fluorescent bulb, including initial cost, will save you $14 per year and over $50 over the lifetime of the bulb.)

Adjust Your Thermostat
If you move your heater thermostat down just two degrees in winter and up two degrees in summer, you could save $98 and 2,000 lbs. of carbon dioxide per year. (Extra Tip: Subscribe to Oklahoma wind energy power as soon as it is available in your area.)

Put on a Sweater
If you wear more clothes instead of turning up the heat in your home, you could save $250 and 1,000 lbs. of carbon dioxide per year.

Change the AC Filter
If you clean or replace dirty air conditioner filters as recommended, you could save $150 and 350 lbs. of carbon dioxide per year.



Check Your Water Heater
If you keep your water heater thermostat no higher than 120°F, you could save $30 and 550 lbs. of carbon dioxide a year.

Insulate Your Water Heater
If you keep your water heater insulated, you could save $40 and 1,000 lbs. of carbon dioxide per year.

Switch to a Tankless Water Heater
Since your water will be heated as you use it, you could save $390 and 300 lbs. of carbon dioxide per year by using a tankless water heater.

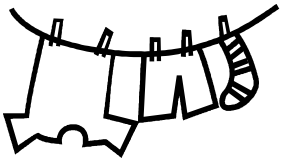
Weatherize Your Home
If you caulk and weather strip your doorways and windows, you could save $274 and 1,700 lbs. of carbon dioxide per year.

Insulate Your Home
Make sure your walls and ceilings are insulated properly and you could save $245 and 2,000 lbs. of carbon dioxide per year.

Switch to Double-Pane Windows
Your investment in double-pane windows will soon pay off when you save up to $436 and 10,000 lbs. of carbon dioxide per year.

Replace Old Appliances
Since inefficient appliances waste energy, you can save hundred of dollars per year and hundreds of pounds carbon dioxide by replacing them with new Energy Star appliances.

Wash Clothes in Cold Water
If you skip the hot water on 2 loads of laundry per week, you'll save energy and should have less wrinkled clothes. You could also save up to 500 lbs. of carbon dioxide each year.



Air Dry Your Clothes
If you line dry your clothes in warm weather, you could save $75 and 700 lbs. of carbon dioxide per year.

Fill the Dishwasher
If you run your dishwasher only with a full load, you could save $40 and 100 lbs. of carbon dioxide per year. (Extra Tip: Use the energy-saving setting to dry dishes and don't use heat when drying.)

Take Shorter Showers
Since showers account for 2/3 of all water heating costs, taking a shorter shower could save $99 and 350 lbs. of carbon dioxide per year.

Install a Low-Flow Showerhead
Since using less water in the shower means less energy is used to heat the water, using a low-flow showerhead could save $150 and 350 lbs. of carbon dioxide per year.

Inflate Your Tires
If you keep the tires on your car adequately inflated, you could save $840 and 250 lbs. of carbon dioxide per year.

Change Your Air Filter
If you check your car's air filter monthly, you could save $130 and 800 lbs. of carbon dioxide per year.

Buy a Hybrid Car (or other fuel efficient vehicle) and don't speed!
The average driver could save $3,750 and 16,000 lbs. of carbon dioxide per year by driving a hybrid. (Extra Tip: Offset global warming impacts of your car and/or airline travel online at terrapass.com or nativeenergy.com.)

Carpool When You Can
If you carpool with friends and co-workers, you could save hundreds of dollars and 790 lbs. of carbon dioxide per year.

Drive 15 miles less each week
You can shrink your gas costs and your waistline by walking, biking and taking public transportation and save up to 900 lbs. of carbon dioxide each year.

Avoid idling
Give your engine and the climate a break by turning off your car when you aren't moving ... except in traffic or at a stop light of course. If you cut out 10 minutes of daily idling, you could save up to 550 lbs. of CO_2 each year.

Buy Minimally Packaged Goods
If you reduce your garbage by around 10% by purchasing products with less packaging, you could save $1,000 and 1,200 lbs. of carbon dioxide per year.

Drink Tap Water
Our obsession with drinking bottled water is costing Americans about $11,000 per minute while 90% of the 2.5 million bottles they using hourly are not recycled. A gallon of bottled water, (often just bottled tap water) more than the same amount of gasoline. The amount of water used in production of the water bottles is double what is in the bottle and 16,000 barrels of oil were used to make the bottles in America just last year—enough to fuel 100,000 U.S. cars for one year. If you don't like the taste of your tap water, get a filter for the faucet or use a filtering pitcher.

Recycle
Recycling saves a lot of energy needed to make new products. If you recycle just 50% of your glass, aluminum, plastic, cardboard and newspapers, you could save natural resources and up to 2,400 lbs. of carbon dioxide each year.

Plant Trees
Since deciduous trees suck up carbon dioxide and make clean air for us to breathe, you could save 2,000 lbs. of carbon dioxide per year for each tree you plant. (Extra Tip: Planting trees strategically around your home could also reduce your energy consumption and save money.)

Use a Push Mower
Not only will you save money and up to 80 lbs. of carbon dioxide every year, you will get some exercise if you use a push mower on your lawn. Also, using an electric mower will reduce carbon dioxide, but probably won't save money. (Extra Tip: Better yet, do away with your grass and Xeriscape your lawn with native plants for low maintenance.)

Buy Locally Grown Food
Purchasing local foods from CSAs ("subscription farming"), the Oklahoma Food Cooperative or farmers markets reduces the amount of energy required to transport your products. And, the flavor is SO much better! Most American food moves over 1,500 miles from where it was grown for use on our tables. (Extra Tip: Organic purchases are best if available locally, as the chemicals used in much of modern agriculture pollute the water supply and require more energy to produce.)

Unplug Un-Used Electronics
Since electronic devices (often called "vampires") use energy even when they are turned off, you could save $256 and 1,000 lbs. of carbon dioxide per year by unplugging them or, plugging them into a power strip and turning it off, when electronics are not in use. (Extra Tip: A standard monitor left on overnight uses enough energy to print 5,300 copies, so at the very least, turn off your monitor.)

Resources

- **www.StopGlobalWarming.org** (Our source for most of above figures. An online calculator is available here.)
- **http://www.worldwildlife.org/climate/involved/individuals.cfm** (Source for several of our tips)
- **http://yosemite.epa.gov/oar/globalwarming.nsf/content/index.html** (EPA's great portal for climate change topics)
- **http://www.climateark.org/** (Portal for all climate change and global warming information)
- **http://www.campaignearth.org (**Provides the path for a sustainable future, one step at a time)
- **http://www.greenhouse.gov.au/education/factsheets/index.html** (Fact sheets & activities for youth ages 8-14)