



Conservation through research and education

## Reducing Our Footprint

Here are some tips from Polar Bears International (PBI), the Environmental Protection Agency (EPA), the Natural Resources Defense Council (NRDC), and [keepwintercool.org](http://keepwintercool.org) on how to curb greenhouse emissions by reducing energy consumption.

### **Plant Trees**

Set a goal of being CO<sup>2</sup> neutral, which means the amount of CO<sup>2</sup> that a family produces should be offset by planting trees that can transform it back into oxygen. The US has lost 90% of its forests over the past few centuries.

### **Power Down and Clean Up**

If you replace your current washing machine with a low-energy, low-water-use machine you will be able to reduce your carbon dioxide emissions by 440 pounds per year. For even more savings wash your laundry in warm or cold water, instead of hot. That will reduce carbon dioxide emissions by about 500 pounds per year.

### **Keep Your Water Heater Cozy**

For a water heater more than five years old, wrapping it in an insulating jacket will result in a 100-pound reduction of carbon dioxide emissions. Keep your water-heater thermostat no higher than 120 degrees F and you can reduce carbon dioxide emissions by 550 pounds a year.

### **Put the Freeze on Inefficient Appliances**

Get rid of old, energy-inefficient appliances and replace with newer, energy-efficient models. For example, a high-energy-efficient refrigerator will reduce carbon dioxide emissions by 450 pounds a year. For more information on energy-efficient appliances, visit the Energy Star Web site at [www.energystar.gov](http://www.energystar.gov). Look for the Energy Star label when shopping.

### **Reduce and Recycle**

Reducing your garbage by 25% will reduce carbon dioxide emissions by 1,000 pounds a year. Recycle aluminum cans, glass bottles, plastic, and cardboard to reduce your home's carbon dioxide emissions by 850 pounds a year. When possible, purchase items made from recycled materials.

**Don't Give Energy Away**

If you caulk and weather-strip around doors and windows to plug up leaks, you can reduce carbon dioxide emissions by 1,000 pounds a year.

**Take the Green Way**

Leave your car at home two days a week (walk, bike, take public transportation) and you can reduce carbon dioxide emissions by 1,590 pounds per year.

**Slow the Flow**

If purchasing a new vehicle, consider finding a car that gets more miles to the gallon than your current vehicle, and match that vehicle to your needs. The potential carbon dioxide reduction for a car that gets 32 miles per gallon is 5,600 pounds a year.

**Make the Right Move**

If you spend hours on the road every day to get to work, you could save significant time and money by moving closer to work and reducing your commute. The carbon dioxide emissions you save are icing on the cake.

**Be a Turn Off**

Turn off your TV, video player, stereo, and computer when you aren't using them. Turn off your lights when you don't need them, and start saving within a minute or two.