

# 25 Things You can do

Do you want to slow down global warming?

You can save ~\$2,000 a year!

- 1. Unplug electric appliances** – this avoids phantom loads that consume electricity even when appliances are OFF! (Consider using a power strip; connect several appliances so you can turn them off at one when not using) Save thousands of pounds of CO<sub>2</sub> & up to \$50 a month!  
Use a regular phone instead of wireless if possible. Unplug cell phone chargers! They consume 95% of electricity as when connected to the phone!.
- 2. Close water faucets while washing hands and mouth.**  
Take showers instead of baths. Use the minimum amount of water. Buy a shower head with 2.5GPM (save \$ y 150 pounds of CO<sub>2</sub> annually). [Don't pollute water, put old cooking or car oil on plastic recipient before throwing to the trash, or find out if there is a bio-diesel company that collects oil].
- 3. Clean A/C air filters**  
(Saves money due to increase efficiency of unit and is better for your health)
- 4. Adjust the temperature of your water heater, air conditioning units and heater by 2 degrees.**  
Use sheets instead of blankets in the summer.
- 5. Use a window fan instead of air conditioner if possible**
- 6. Keep your car tuned-up, keep tire balanced, to increase fuel efficiency.**  
**Accelerate the minimum necessary, avoid bumps,** you can increase your mileage by an extra 10 MPG! Save 1 pound of CO<sub>2</sub> per mile!
- 7. Turn off your PC and printer, if you'll not use them for 2 hours (like when you go to a meeting)**  
(You save more if you unplug them, specially overnight)
- 8. Use Cold water to wash cloth!; Sun dry your cloths if possible.**
- 9. Eating habits:**  
Eat less meat (means less methane gas, which heats up the atmosphere 20 times more than CO<sub>2</sub>)  
Eat local products (means less emissions due to transportation)  
Eat organic products (means less pesticides that damage the ozone and our health)
- 10. Plant trees and bushes**  
Lower the temperature of the house by 10 degrees C!  
Absorb one ton of CO<sub>2</sub> during their life.  
Increase the value of your property.
- 11. Take a ride, walk or bike**  
Use public transportation if available.
- 12. Avoid using disposable dinnerware**  
Using Styrofoam® and paper are not good for the environment  
Reusable dinnerware can save thousands of dollars to cafeterias, restaurants.
- 13. Buy products with less packaging**  
Family packs (except individually wrap) save money; concentrated liquids use less plastics in their bottles, double or triple toilet paper rolls are better for the environment.  
Use gift bags and reuse them.  
Or wrap presents with colorful magazines, or newspaper.  
Don't buy individual water bottles.

Save money by buying a filter and reusing a plastic bottle.

Glass bottles are much easier to recycle than plastic.

Plastic bottles are reused for other products but recycling them usually does not reduce the amount of virgin resin use for new bottles.

You can save 1,200 pounds of CO<sub>2</sub> by reducing your trash by 10%

**14. Reduce, Reuse & Recycle! – save a lot of energy and emissions, specially reducing.**

Reduce- Be a smart consumer; ask yourself whether you really need a new product.

You can save 2,400 pounds of CO<sub>2</sub> a year by recycling only half of your home waste!

**15. Send email to your senator and government officials:**

Sign petition at [www.undoit.org](http://www.undoit.org) and [www.climatecrisis.org](http://www.climatecrisis.org)

**When buying NEW products:**

**First ask yourself if you REALLY need to buy it?**

**1. Consider a solar water heater;**

You recover the initial cost quickly. They last over 25 years.

**2. Change incandescent bulbs with compact fluorescents if possible; Save \$50 y 150 pounds of CO<sub>2</sub>**

**3. Buy new appliances with high energy efficiency; Compare tags!**

Beware: Not all new appliances are efficient! \*Ask yourself if you need all the new gadgets.

**4. Choose an LCD over a Plasma TV (uses ~1/3 energy)! Prefer a gas Stove or Dryer.**

Choose a fiberglass swimming pool over a concrete, uses ~1/3 energy

Choose a laptop over a desktop computer, uses ~1/3 energy!

**5. Consider buying a small car.**

**6. Even better: Buy a small hybrid; saves ~\$6000 in 5 years.**

**7. Consider solar, wind or other renewable energy for your home or business.**

**8. Use dark or silicone baking pans (they bake at 325°F instead of 350°F)**

**9. Buy a reusable coffee filter de café, instead of paper filter.** Buy online subscriptions to magazines; they usually cost less, and save a lot of trees which absorb CO<sub>2</sub>.

**10. Buy rechargeable batteries; Save \$100 for each battery compared to a disposable one.**