

LIVING GREEN: START TODAY _ / _ /10

All aspects of our lives contribute to increased Carbon in the atmosphere
Use this ✓ LIST as a Comprehensive Guide to SAVE MONEY, ENERGY and the CLIMATE

ENERGY- *To produce energy, Fossil Fuels are burned which release carbon (CO2)*

- ⚙ **LIGHTBULBS:** REPLACE all bulbs with *Compact Fluorescent (CFL)* or **LED** bulbs*
These use 75% less energy, don't get hot and last much longer
*Bulbs must be disposed of properly due to toxic content
- ⚙ **LIGHTS:** Turn OFF when not in room. Install **MOTION SENSORS** and **DIMMERS**
- ⚙ **ELECTRONICS:** PLUG into **POWER STRIPS** to eliminate "phantom" loads*
*Many electronics still draw power even when off. Plugging into a power strip, you can easily turn everything off when not in use by turning the strip off OR:
- ⚙ **UNPLUG:** Electronics & Appliances when not in use to eliminate phantom loads;
Phone Chargers, TV and Video/Audio Components, Computer, Printer, Modem, ipod, Video Game Players, Microwave, Coffeepot, Dryer
- ⚙ **COMPUTERS:** TURN OFF when not in use, as well as **MONITORS** and **MODEMS**
- ⚙ **BATTERIES:** Use RECHARGEABLE and only charge when low or drained
- ⚙ **AIR-DRY:** CLOTHES instead of using a dryer. Use a **DRYING RACK** or **CLOTHESLINE**, Indoor or Out. Set a goal to Air-Dry 3 out of 4 loads*
*When using a dryer, remove lint from lint tray after every load (and compost it!)
- ⚙ **COOKING:** COVER pots to boil, use **TOASTER OVEN** for small portions
- ⚙ **REFRIGERATOR:** SET at 40 degrees. Freezer at 0. Keep freezer full to run better
- ⚙ **ENERGY STAR:** REPLACE old appliances with energy efficient models

HEATING/COOLING- *Fossil Fuels are burned to heat and cool buildings*

- ⚙ **HEAT:** TURN DOWN overnight and while out to 60 degrees or lower
ALWAYS keep below 68 and LOWER to 50 degrees when away
- ⚙ **PROGRAMMABLE THERMOSTAT:** INSTALL to automatically adjust temperature
- ⚙ **CEILING FAN:** INSTEAD OF AC. SWITCH to turn counter-clockwise in the summer
- ⚙ **AC:** Only turn on when home. Keep temp of AC at 72 or higher
Replace old AC with **ENERGY STAR** model
- ⚙ **CURTAINS:** CLOSE during hot summer days to keep out sun and heat
CLOSE at night during the winter to keep heat in
- ⚙ **WATER HEATER:** TURN DOWN to 120 degrees. Turn down to low or off when away
- ⚙ **WASHER:** Use COLD/COLD setting to wash/rinse clothes. They still get clean!
- ⚙ **LANDSCAPING:** PLANT trees or a **GREEN ROOF** to SHADE your home and ABSORB CO2
- ⚙ **SERVICE:** HEATING SYSTEM yearly

WATER- *Treatment and Heating of water is very energy intensive*

- ⚙ **WATER FLOW:** INSTALL lo-flow **SHOWERHEAD** and **AERATORS** on faucets
- ⚙ **SHOWER:** ADJUST water pressure to LOW while soaping up. **SHORTEN** time
- ⚙ **TOILET:** Put a **JUG** in toilet tank (carefully!) to reduce water needed to fill it
- ⚙ **DISHES:** Fill a **BUCKET** or **SINK** to wash and rinse- never let the water run
- ⚙ **DISHWASHER:** Run when full. Soak dishes instead of rinsing, or scrape and put right in
- ⚙ **RAINWATER:** COLLECT for plants and gardens in a **RAINBARREL**

TOXICS- *Almost all chemicals are NOT tested or regulated for health effects*

- ⚙ **ORGANIC:** Buy **FOOD** and other **PRODUCTS** that are Organic and Non-Toxic
- ⚙ **CHEMICALS:** Eliminate **TOXIC** lawn additives, pesticides, bleach, air fresheners etc.
- ⚙ **CLEANERS:** Use Natural and Non-Toxic such as **BAKING SODA**, **LEMON** and **VINEGAR**
- ⚙ **SOAPS:** **BIODEGRADABLE** soaps are healthier for you and the environment
- ⚙ **KITTY LITTER:** Use **NATURAL** options such as **PINE** instead of unhealthy clay

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BUILDING ENVELOPE- Leaky homes are a large contributor to Greenhouse Gases

- ⚙ **INSULATE:** Walls, ceilings, attic, crawlspaces and water heater and water pipes
- ⚙ **WEATHERSTRIP:** Doors & Windows. **FIX** cracks and **SEAL** all air leaks with **CAULK**
- ⚙ **WINDOWS:** **RESTORE** Old or **REPLACE** with **ENERGY STAR** (Ufactor .35 or lower)
- ⚙ **ENERGY EFFICIENCY:** **REPLACE** heating system and water heater or go **SOLAR**

FOOD- Food production and delivery is reliant on fossil fuel energy

- ⚙ **FOOD MILES:** **REDUCE DISTANCE** food travels which contributes to **GLOBAL WARMING**
- ⚙ **LOCAL:** **SHOP** at locally owned markets. Buy locally **PRODUCED** products
- ⚙ **FARMS:** **SHOP** at local **FARMSTANDS** and **FARMER'S MARKETS**
- ⚙ **SUPPORT:** **LOCAL** farms by joining **Community Supported Agriculture (CSA)**
- ⚙ **FOOD CHAIN:** **EAT MORE** Veggies, Grains, and Fruit and **LESS MEAT**, Fish & **Processed Food**
- ⚙ **FAIR TRADE:** Coffee, Tea, Rice, Bananas: **ENSURES** living wages and safe environment
- ⚙ **GROW:** Your **OWN** food
- ⚙ **PETS:** Use **DRY** instead of wet pet food. **Don't overfeed.** Less waste and clean-up!

WASTE- The amount of waste each person produces rises every single year

- ⚙ **REDUCE:** **EVERYTHING!** Energy Use, Consumption, Waste- Your Carbon Footprint!
- ⚙ **DISPOSABLE:** **ELIMINATE ALL** Single-Use products:
 - Use **CLOTH** napkins and **HANDKERCHIEFS** and **RAGS** and **SPONGES** instead of paper towels
 - Fill your own water bottle, make your own coffee or bring your cup. Bring your own doggie bag
- ⚙ **CONTAINERS:** **ELIMINATE** plastic wrap and bags. Use **REUSABLES** that seal
- ⚙ **BAGS:** **REUSABLE** - Bring **EVERYWHERE** (**BYOB** not just to the Supermarket!)
- ⚙ **PACKAGING:** **REDUCE.** Buy products with **LEAST** amount, like bar soap instead of liquid
- ⚙ **PRODUCE:** Buy **REUSABLE PRODUCE BAGS.** Only use plastic bags when necessary.
 - REUSE** plastic bags and use **PRODUCE SAVER** to reduce rot.
- ⚙ **COMPOST:** **FOOD** scraps. Fertilize your garden with it!
- ⚙ **JUNK MAIL:** **CANCEL** unwanted catalogs and magazines and other junk mail
- ⚙ **REUSE:** **DONATE** clothing and eyeglasses, have a yard sale, use **Craigslist** or **Freecycle**
- ⚙ **RECYCLE:** **EVERYTHING** that can be recycled, **EVEN** if it takes a little extra effort
 - *Plastic bags should **NOT** be reused and eventually thrown away-**REDUCE** and **RECYCLE** them
 - Switch to bins that can be washed instead of lining with plastic bags
 - Scoop litter onto newspaper instead of bags; pick-up dog waste with newspaper

TRANSPORTATION- The transportation systems have not been updated in decades

- ⚙ **WALK** to Destinations within **ONE** mile
- ⚙ **BIKE** or **MOPED / SCOOTER**
- ⚙ **PUBLIC** Transportation- **BUS, SUBWAY, TRAIN**
- ⚙ **CARPOL**
- ⚙ **COMBINE** Errands in **ONE** trip, **SHOP** locally
- ⚙ **VEHICLES** - Buy Smaller and **HYBRID, ELECTRIC, ALTERNATIVE FUEL** or **FUEL EFFICIENT**
- ⚙ **VACATION LOCALLY-** **STAYCATION!**
- ⚙ **Don't IDLE-** Cars don't need to warm up for more than one minute, even in winter

LIFESTYLE- We can start today to make changes that will impact the future

- ⚙ **LIVING GREEN TEAM:** **JOIN OR START** a team to help you accomplish these changes
- ⚙ **NATURE:** **ENJOY** as much time as possible **OUTDOORS.** Help keep the outdoors **CLEAN**
- ⚙ **HOME SWEET HOME:** **LIVE CLOSE** to work and other places you frequent
- ⚙ **ENERGY:** **CHANGE** to Green/Renewable Power (such as **SOLAR** or 'Nstar Green')
- ⚙ **DONATE:** **TIME** and **MONEY** to Environmental Groups and Causes
- ⚙ **COMMUNICATE:** With State and Federal Legislators about Energy issues
- ⚙ **INVEST:** In Environmental, Sustainable and Socially Responsible Companies
- ⚙ **CARBON OFFSETS:** **PURCHASE** to offset your personal carbon use
- ⚙ **HOME ENERGY AUDIT:** **FREE** by MassSAVE 866-527-7283, or NStar

CONTACT SomervilleClimateAction.org FOR MORE INFO