



The average US household produces 7.5 tons of CO2 equivalents per year. Here are things you can do to help reduce that amount.

LOCATION	LBS OF CO2 EMITTED ANNUALLY	WHAT YOU CAN DO (savings are annual averages)
BATHROOM		
8 minute daily shower	1,368	Take 2 minutes off your shower and save 342 lbs.
BEDROOM		
Lighting	73	Replacing one 75-watt incandescent bulb with a 19-watt CFL can cut 55 lbs.
KITCHEN		
Food	3,274	If, like most Americans, you get close to 30 percent of your calories from meat, dairy and poultry, your diet contributes over 3,274 lbs. Vegetarian diets contribute half that, but you can also replace your calories from red meat with fish, eggs and poultry, for savings of over 950 lbs.
Refrigerator	1,660	If your fridge door can't hold a dollar, you'll be leaking carbon and money as well as cold air, so get it fixed. If the seal holds, and you clean your refrigerator's coils, defrost regularly and keep the top clear of clutter, you can save over 700 lbs.
Switch to an Energy Star Fridge		Pre-2001 fridges are much less energy-efficient than today's Energy Star models, which can save you over 500 lbs.
Recycling		Recycle paper, plastic and glass and save 1,000 lbs.
LAUNDRY		
Clothes Washer	160	90 percent of the electricity a washing machine consumes goes to heat the water. If you wash just half your loads in cold water, you'll save at least 72 lbs.
Dryer	1,446	Line- or rack-drying just half your loads will slash 723 lbs.

Copies of these handouts are available at www.ccfpd.org.

LIVING ROOM		
TV sets, DVD players, cable boxes and other home entertainment peripherals	up to 1,608	These electronics can pump out CO2 while they're off because of clocks and easy-on features like "standby" mode. Plug them into a power strip and turn it off when not in use to save 240 lbs.
Computer	497	Do the same for your computer and you'll save 43 lbs.
WHOLE HOUSE		
Heating	6,389 (natural gas) 4,722 (electric heat)	With natural gas heat, you can shave up to 320 lbs. for every degree you lower your thermostat below 70 in winter (236 lbs. for electrical heat).
Air Conditioner	2,263	In the summer, save 121 lbs. for every degree above 72 you raise your thermostat (even more if you raise it above 78 degrees).
Sealing your home		Caulking and weather stripping your home can knock off 639 lbs. from your natural gas heating (472 lbs. if electric) and 226 lbs. from your a/c.
Water Heater	3,419	Lowering your water temperature from 140 degrees to 120 degrees F prevents scalds and cuts out 479 lbs.
TRAVEL AND COMMUTING		
Daily drive to work	2,750	Switch to public transport: Light rail will save a whopping 1,366 lbs. for a 12-mile commute, but your standard city bus will trim 804. Heavy rail subway systems aren't as efficient, cutting 288 lbs. for the same commute.
Tires		Keep your tires properly inflated and save 250 lbs. (see tires or owner's manual for pressure)
500 mile flight	310	Take the train instead for savings of 205 lbs.
TOTAL		
	25,217 (natural gas)	IF YOU TOOK ALL THESE ACTIONS, YOU'D SAVE: 7,669 lbs. (natural gas heat)
	23,550 (electric heat)	7,418 lbs. (electric heat)

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