

REDUCE YOUR IMPACT ON THE MOVE

Almost one third of the carbon dioxide produced in the United States comes from our cars, trucks and airplanes. Here are some simple, practical things you can do to reduce the amount of CO₂ you produce while on the move.



Reduce the number of miles you drive by walking, biking, carpooling or taking mass transit wherever possible: Avoiding just 10 miles of driving every week would eliminate about 500 pounds of CO₂ emissions a year.



Start a carpool with your co-workers or classmates: Sharing a ride with someone just 2 days a week will reduce your CO₂ emissions by 1,590 pounds a year. eRideShare.com runs a free national service connecting commuters.

Keep your car tuned up: Regular maintenance helps improve fuel efficiency and reduces emissions. For every 1% of car owners who properly maintain their cars, nearly a billion pounds of CO₂ are kept out of the atmosphere.

Check your tires weekly to make sure they're properly inflated: Proper inflation can improve gas mileage by more than 3%. Since every gallon of gasoline saved avoids 20 pounds of CO₂, every increase in fuel efficiency makes a difference!

When it is time for a new car, choose a more fuel efficient vehicle: You can save 3,000 pounds of CO₂ every year if your new car gets only 3 miles per gallon more than your current one.



Try telecommuting from home: Telecommuting can help you drastically reduce the number of miles you drive every week. For more info, check out the Telework Coalition.

Fly less: Air travel produces large amounts of emissions so reducing how much you fly by even one or two trips a year can reduce your emissions significantly. You can also offset your air travel by investing in renewable energy projects.

Vote for candidates who support the environment!

Source: www.climatecrisis.net



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Presents:**



**WHAT YOU CAN DO
ABOUT GLOBAL
WARMING**

REDUCE YOUR IMPACT AT HOME

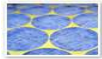
Replace a regular light bulb with a CFL

(**compact fluorescent light**): CFLs use 60% less energy than a regular bulb. This simple switch will save about 300 pounds of carbon dioxide a year. If every family in the U.S. did, we'd cut CO₂ by more than 90 billion pounds!



Set your thermostat down 2° in winter and up 2° in summer: Almost half of the energy we use in our homes goes to heating and cooling. You could save about 2,000 pounds of carbon dioxide a year with this simple adjustment and save money too.

Clean or replace filters on your furnace and air conditioner: Cleaning a dirty air filter can save 350 pounds of carbon dioxide a year.



Install a programmable thermostat:

Programmable thermostats automatically lower the heat or AC at night or when you're at work. They can save you \$100 a year on your energy bill.

Choose energy efficient appliances: when making new purchases



Look for the Energy Star label on new appliances. If all households in the U.S. used the most efficient models available, we'd eliminate 175 million tons of carbon dioxide emissions every year!

Blanket your water heater with insulation:

You'll save 1,000 pounds of carbon dioxide a year. You can save another 550 pounds per year by setting the thermostat no higher than 120 degrees.

Use less hot water:

It takes a lot of energy to heat water. A low flow showerhead can save 350 pounds of CO₂ per year and washing clothes in cold water can save another 500 pounds.

Use a clothesline instead of a dryer: You can save 700 pounds of carbon dioxide when you air dry your clothes for 6 months out of the year.

Turn off electronic devices you're not using:

Simply turning off your television, DVD player, stereo, and computer when you're not using them can save you thousands of pounds of CO₂ a year.

Unplug electronics from the wall when you're not using them: The energy used to keep display clocks lit and memory chips working accounts for 5 percent of total domestic energy consumption and spews 18 million tons of CO₂ into the atmosphere every year!



Only run your dishwasher when there's a full load: And use the energy-saving setting. You can save 100 pounds of CO₂ per year.

Insulate and weatherize your home: Properly insulating your walls and ceiling can save up to 25% of your heating bill and reduce CO₂ by 2,000 pounds a year. Caulking and weather-stripping can save another 1,700 pounds.

Be sure you're recycling at home: You can save 2,400 pounds of CO₂ a year by recycling half of the waste your household generates.

Buy recycled paper products: It takes less 70 to 90% less energy to make recycled paper and it prevents the loss of forests worldwide.

Plant a tree: A single tree will absorb one ton of CO₂ over its lifetime. Shade provided by trees can also reduce your cooling bill by 10 to 15%.

Get a home energy audit: Many utilities offer free home energy audits to find where your home is poorly insulated or energy inefficient. You can save up to 30% off your energy bill and 1,000 pounds of CO₂ a year.

Switch to green power:

Today, you can switch to energy from clean, renewable sources such as wind and solar.

Buy locally grown and produced foods:

The average meal in the United States travels 1,200 miles to your plate. Buying locally will save fuel, reduce CO₂, and keep money in our community.



Buy fresh foods instead of frozen:

Frozen food uses 10 times more energy to produce.

Seek out and support local farmers markets:

They reduce the amount of energy required to grow and transport the food to you by one fifth.

Buy organic foods as much as possible: Organic soils capture and store CO₂ at much higher levels than soils from conventional farms. If we grew all of our corn and soybeans organically, we'd remove 580 billion pounds of carbon dioxide from the atmosphere!



Avoid heavily packaged products:

You can save 1,200 pounds of carbon dioxide if you cut down your garbage by 10%.

Eat less meat:

Methane is the second most significant greenhouse gas and cows are one of the greatest methane emitters. Their grassy diet and multiple stomachs cause them to produce methane, which they exhale with every breath.



If we all pitch in, we *can* make a difference.