

# 20 things you can do!



Here are 20 simple things you can do to help stop global warming.



## **Use less hot water**

It takes a lot of energy to heat water. You can use less water by installing a low flow showerhead (this will prevent 350 pounds of carbon dioxide from entering the atmosphere per year) and washing your clothes in cold or warm water (500 pounds less carbon dioxide created per year) instead of hot. Also take shorter showers.

## **Turn off electronic devices**

Turning off your television, DVD player, stereo and computer when you're not using them will save thousands of pounds of carbon dioxide a year.

## **Unplug electronic devices from the wall**

Even when appliances are turned off, things like hairdryers, cell phone chargers, and televisions use energy. In fact, the energy used to keep display clocks lit and memory chips working accounts for 5 percent of the total domestic energy consumption and spews 18 million tons of carbon dioxide into the atmosphere every year!

## **Only run your dishwasher when there's a full load**

You can save 100 pounds of carbon dioxide per year. Plus you will be saving water! If you wash dishes by hand, don't leave the hot water running continuously.

## **Only run the clothes washer when you have a full load**

Don't use the washing machine for just one item like your favorite shirt.

## **Air dry your clothes**

Line-dry your clothes in the spring and summer or put them on a drying rack in the house during the winter instead of using the dryer. You can save 700 pounds of carbon dioxide when you air dry your clothes for 6 months of the year.

## **Turn down the heat**

Almost half of the energy we use in our homes goes to heating and cooling. Turn down the heat or air conditioning when you leave the house or go to bed. You can easily install a programmable thermostat that can save money and carbon. Dress warmly when it's cold instead of turning the heat up.

## **Be sure you're recycling at home**

You can save 2,400 pounds of carbon dioxide a year by recycling half of the waste that your household generates. You will also use up less space in landfills. Items like glass, aluminum, metal, paper, and cardboard can all be recycled.

## **Buy recycled paper products**

It takes 70 to 90% less energy to make recycled paper and it prevents the loss of forests worldwide. Buy paper for school and school notebooks made from recycled paper.

## **Avoid heavily packaged products**

You can save 1,200 pounds of carbon dioxide if you cut down your garbage by 10%. Look for products that have less packaging or buy products that are refillable.

## **Replace your light bulbs**

While compact fluorescents are more expensive than incandescent bulbs, they last 10 times as long. A compact fluorescent bulb will lower your energy bills by \$15 a year and more than \$60 during its life. It will also keep half a ton of carbon dioxide out of the air. Remember to shut off the lights when leaving a room.

# 20 things you can do!

## **Reduce the number of miles you drive by walking, biking, and carpooling**

Reducing your driving by just 10 miles each week would eliminate about 500 pounds of carbon dioxide emissions a year. If you can, walk to school or work a couple days a week.

## **Start a carpool with coworkers and classmates**

Sharing a ride with someone just two days a week will reduce your carbon dioxide emissions by 1,590 pounds a year. Carpool to school, games, and practice. If you work with a friend, drive together. This will save money too!

## **Go shopping and buy organic**

Organic soils capture and store carbon dioxide 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! Plus frozen foods use 10 times more energy to produce.



## **Buy locally grown food**

The average meal in the United States travels 1,200 miles from the farm to your plate. Buying locally will save fuel and keep money in your community. Check out your local farmers market for fresh produce.

## **Energy Star**



Many items like appliances, computers, TVs, stereos, and DVD players have special labels on them. The label says "Energy" and has a picture of a star on it (see above). Products with the energy star label are made to help save energy.



## **Plant a tree**

One single tree will absorb one ton of carbon dioxide over its lifetime! Shade provided by trees can also reduce your air conditioning bill by about 10 to 15%.

## **Get informed**

There is a lot of information available on global warming. Read up on global warming and find out what it's all about. Remember this affects everyone around the world.

## **Get active**

The problem may seem huge but you can help. Start doing some of the activities listed above to reduce the amount of carbon dioxide being produced. Talk to your parents about things you can do at home. Check out the Global Warming 101 website at [www.globalwarming101.com](http://www.globalwarming101.com) for more tips.

## **Get the word out**

Most people have heard about global warming, but many are not really sure what it is. Once you've become informed, you can explain to people what global warming is and what they can do to help!

