

Carbon Diet Sampler

1. Reducing hot water used in showers:

- Install low flow shower heads
- Time your average shower, reduce it to consistently 5 minutes or less

CREDIT: 300 pounds of CO2 reduction per person per year for showers of 5 minutes or less; 200 pounds of CO2 reduction for each low flow shower head installed.

2. Eating lower on the food chain:

CREDIT 700 pounds of CO2 reduction per year for each day of the week your household switches from meat-based to vegetarian meals.



3. Washing and drying clothes efficiently:

CREDIT: 100 pounds of CO2 savings annually for switching 1 load of clothes a week from hot to cold water; 260 pounds of CO2 per year for eliminating need for one dryer load each week.

BONUS: If you buy an Energy Star front-loading washer, credit 500 pounds of annual CO2 savings.

4. Turning down the thermostat:

CREDIT: 1,400 pounds of CO2 reduction annually if you set the thermostat for 65-68 degrees when someone is active and for 55-58 degrees at night.

5. Turning appliances all the way off

CREDIT: 600 pounds of CO2 reduction annually for completely turning off electronic equipment when not in use.

6. Tuning Your Furnace

CREDIT: 300 pounds of CO2 reduction per year for furnace tune up

CREDIT: 800 pounds annually for sealing and insulating warm air heating ducts

BONUS: CREDIT – 2400 pounds of CO2 reduction if you replace old furnace with new energy efficient model



7. Achieving maximum energy efficiency

CREDIT: 1200 pounds of annual CO2 reduction for insulating your walls and attic

CREDIT: 800 pounds of annual CO2 reduction for adding storm windows or installing high efficiency windows.

CREDIT: 500 pounds of annual CO2 reduction for replacing old refrigerator with new Energy Star mode

8. Reducing Solid Waste

- Reduce junk mail by writing to: DirectMail.com, National Do Not Mail Registry, 5511 Ketch Road, Prince Frederick, MD 20578. Request to be removed from all 3rd class mailing lists. Or make the request via the internet at www.DirectMail.com/Junk_Mail.
- Contact companies still sending you junk mail by writing a request to be removed from their lists or by calling their 800 number or go to: www.cataloguechoice.org

CREDIT: 1,560 pounds of annual CO2 reduction by reducing trash by 15 gallons per week

CREDIT: 1,300 pounds of annual CO2 reduction for setting up a system to ensure that **all** your recyclable waste is recycled

9. Maintaining an efficient car

Credit: 1500 pounds of annual CO2 reduction for engine tune up and maintenance of tire pressure

10. Buying a fuel-efficient car

Credit: to be calculated

11. **Practicing fuel efficient driving** – save 55 gallons a year

Credit: 1100 pounds of annual CO2 reduction

12. Reducing vehicle miles traveled

Credit: to be calculated (20% reduction = 1650 pounds of annual CO2 reduction)

13. Reducing water used for washing dishes

a. Run dishwasher only when full, use energy saver setting for drying

Credit: 100 pounds of annual CO2 savings for reducing dishwasher use by one load per week

b. When replacing, buy Energy Star dishwasher

Credit: 125 pounds of annual CO2 savings

14. Installing energy efficient lights

a. Replace 5 frequently used incandescent lights with compact fluorescent light bulbs

Credit: 500 pounds of annual CO2 savings

b. Replace additional bulbs

Credit: 100 pounds per replaced bulb



Numbers from **Low Carbon Diet** by David Gershen