

Ten Easy Tips to Cut Energy Costs and Reduce CO₂ Emissions



1. Replace incandescent light bulbs

Replacing just four incandescent bulbs with compact fluorescent bulbs mitigates 718 pounds of CO₂ emissions each year.

2. Look for the ENERGY STAR label

Newer appliances tend to use much less electricity. Refrigerators, dryers, and washers are some of the most energy intensive appliances in your home. Replacing them with more efficient ENERGY STAR appliances will save you money while reducing CO₂ emissions. For example, ENERGY STAR refrigerators avoid approximately 1,486 pounds of CO₂ emissions each year.



3. Reduce standby “phantom loads”

Use surge protectors and power strips and flip the switch to “off” when you go to sleep or leave the house. In the U.S., 43 billion kWh of electricity, roughly six percent of total U.S. residential electricity use is lost to continuous, low-level phantom loads.

4. Buy local produce and meat

Packaging, processing and shipping of produce and meat is extremely energy intensive. Buying local food is an easy way to cut down on CO₂ emissions and support local farmers.



5. Spend the extra on direct flights and rent small cars or hybrids

As airplanes use the majority of fuel during take-off and landing, direct flights cut down on fuel use and resulting emissions. Rent compact cars or hybrids and save money on gas while minimizing CO₂ emissions.

6. Use warm or cold water in your washing machine

The water used for washing clothes is heated by an electric water heater or gas heater. Switching from hot to warm water for just a few loads a week can cut nearly 500 pounds of CO₂ if you have an electric water heater; 150 pounds of CO₂ if you have a gas water heater.

7. Recycle



Producing new goods from recycled materials uses about 30 to 55% less energy for paper products, 33% less for glass, and 90% less for aluminum and also cuts down on the amount of garbage we have to process and transport to landfills.

8. Heating and insulation

Heating is the single biggest energy use in homes today. Have your HVAC system checked regularly and reduce heat loss by ensuring your home has proper insulation in the walls, ceiling and floors.

9. Commute consciously



When possible, walk, bike, car pool, or use mass transit. Not only do you save money on gas, but every gallon you save avoids 22 pounds of CO₂ emissions. If you need to drive to work daily, choose a car that gets good gas mileage. At 10,000 miles per year, switching from a car that gets 25 miles per gallon to one that gets 40 will save you over \$500 in gas and reduce your annual CO₂ emissions by 3,300 pounds.

10. Change your leaders along with your light bulbs

Pay attention to what policies local, state, and federal elected officials support. One of the best ways to encourage change is to vote for leaders with plans to reduce CO₂ emissions and support clean energy sources.