



## Reduce Your Impact at Home

By using energy more efficiently at home, you can reduce your emissions and lower your energy bills by more than 30 percent. Here's how:

1. Replace an incandescent light bulb with a compact fluorescent bulb;
2. Set your thermostat 2° cooler in winter and 2° warmer in summer;
3. Clean or replace filters on your furnace and air conditioner;
4. Choose energy-efficient appliances. Look for the Energy Star label on new models;
5. Wrap your water heater in an insulation blanket and set the thermostat no higher than 120°F;
6. Use less hot water by installing a low-flow shower head and by washing clothes in cold or warm water;
7. use a clothesline instead of a dryer whenever possible;
8. Turn off electronic devices such as the stereo, computer and TV when you're not using them;
9. Unplug electronics from the wall when they're not in use. Even when turned off, items such as hair dryers, cell phone chargers and televisions use energy. Use a power strip to turn off several appliances all at once.
10. Only run your dishwasher when there's a full load, and use the energy-saving setting;
11. Insulate your home and weatherize with caulking and weather stripping;
12. Recycle;
13. Buy recycled paper products to prevent loss of forests, AND it takes 70% to 90% less energy to make recycled paper;
14. Plant a tree. A single tree absorbs 1 ton of CO<sub>2</sub> over its lifetime. Shade from trees also reduces air conditioning bills.
15. Learn about the programs that [Puget Sound Energy](#) has to offer;
16. Switch to green power generated by clean, renewable sources such as wind and solar;
17. Buy locally grown foods to save fuel;
18. Buy fresh foods instead of frozen. Frozen food uses 10 times more energy to store;
19. Support local farmers markets; they greatly reduce the energy required to transport food;
20. Buy organic foods; organic soils capture and store CO<sub>2</sub> at higher levels;
21. Buy food in bulk; avoid heavily packaged products;
22. Eat less beef. Cows are one of the greatest emitters of methane – a significant greenhouse gas;
23. Walk, bike, carpool, take mass transit or telecommute;
24. Keep your car tuned up and your tires properly inflated to improve fuel efficiency and reduce emissions;
25. Choose a more fuel-efficient vehicle;