

## TEN STEPS TO REDUCE YOUR GLOBAL WARMING IMPACT

- 1> Vote for candidates who will support climate change legislation.** Let local officials know that you want action to reduce emissions in your town. Write letters to the editor of your local papers.
- 2> Monitor the temperature in your home. Adjust your thermostat — lower in the winter and higher in the summer.** Use A/C only when absolutely necessary. A whole house fan will cool your home using much less energy than A/C.
- 3> Contact your utility for an energy audit.** A blower door test and infrared scan will determine where there are energy leaks in your home. Add insulation where needed.
- 4> Install low-flow shower heads.** Take shorter showers. Use cold water for your laundry.
- 5> Reduce your car miles.** Whenever possible, walk, bike, carpool or use mass transit. When time and budget permits, buy a more fuel efficient vehicle. Reduce air miles travelled.
- 6> Eat more locally produced foods and try to significantly reduce your meat consumption.** The production and transportation of beef and other meats contribute about 18 percent of global greenhouse gas emissions.
- 7> Reduce waste by buying minimally packaged goods.** Choose reusable products over disposable ones and recycle as much paper, glass and plastic as possible. Use 100% recycled paper products such as napkins, paper towels, toilet tissue and copy paper.
- 8> As you replace home appliances, select the most energy efficient models.** Turn off the second refrigerator or freezer if not necessary.
- 9> Buy and install energy efficient compact fluorescent bulbs** for your most-used lights and look for LED light fixtures coming on the market for further savings.
- 10> Educate your children about energy use and the importance of conservation.** Educate your friends about reducing their energy footprint. Spread the word!