

40 Ways to: Reduce CO₂ Emissions

1. Use your vehicle less often and walk—avoiding just 10 miles of driving every week would eliminate about 500 pounds of carbon dioxide emissions a year.
2. Ride a bike, carpool or use public transportation.
3. Drive more moderately to save fuel and reduce emissions.
4. Inflate your tires properly to reduce fuel consumption by up to 3 percent.
5. Clean or replace your air filter regularly to save 350 pounds of CO₂ a year.
6. Keep your engine tuned to consume up to 50% less fuel and exhaust only 1/30 the emissions.
7. Reduce time spent idling.
8. Unload unnecessary items in your trunk to reduce weight.
9. Remove your roof rack to improve your fuel economy by as much as 5 percent.
10. Use overdrive and cruise control on your car if you have those features.
11. Save about 3% on heating costs for every degree lower on your thermostat.
12. Do not leave appliances on standby—use the machine's "on/off" function.
13. Save 1,000 pounds of carbon dioxide a year by wrapping your water heater in an insulation blanket.
14. Use about one-half the energy of a stovetop element by using your microwave.
15. Defrost old fridges and freezers regularly.
16. Cover your pots while cooking.
17. Use pressure cookers and steamers to save around 70% of energy needed.
18. Buy fresh foods instead of frozen—frozen food uses 10 times more energy to produce.
19. Use the washing machine or dishwasher only when they are full.
20. Take a shower instead of a bath to use up to four times less energy.
21. Wash your clothes in cold or warm water to save 500 pounds of CO₂ per year.
22. Enable your monitor's energy saving features when in use.
23. Turn off your computer equipment at night and at other times when it doesn't have to be left on.
24. Use an LCD monitor to consume only 20-50% of the energy of a conventional CRT monitor.
25. Use two-sided printing and copying.
26. Check your car for oil or other leaks, and recycle motor oil.
27. Recycle used printer cartridges.
28. Recycle or donate used equipment to schools or other organizations.
29. Take advantage of natural light when available instead of using electrical lighting.
30. Turn off lights when a room or area is not occupied.
31. Hang some or all of your laundry to dry instead of using the clothes dryer.
32. Make environmentally-wise selections when shopping—buy refills and recycled products.
33. Seal air leaks and add more insulation to your home.
34. Use a push mower for your lawn.
35. If you use a power mower, make sure it is a mulching mower.
36. Compost your food and yard waste.
37. Eat less meat—methane is the second most significant greenhouse gas and cows are one of the greatest methane emitters.
38. Turn the water off while shaving or brushing teeth.
39. Do not use your toilet as a waste basket – water is wasted with each flush.
40. Repair leaks right away: a leaky toilet can waste 200 gallons of water per day.

