



REDUCE YOUR CARBON FOOTPRINT CHECKLIST

Review this list each month to make sure you are doing as much as possible to save energy and reduce your overall carbon footprint.

IN THE KITCHEN

- Use the microwave instead of the oven when possible.
- Filter tap water for drinking. Keep a container in the fridge.
- Open the dishwasher to air-dry instead of the drying cycle.
- A full freezer holds the cold in better than if it's almost empty.
- Don't hold fridge the door open. Get what you need quickly.
- Only run the dishwasher when it's full. Run it during the night.

IN THE BATHROOM

- Use bio-friendly soaps and cleaners.
- Use washable drinking cups instead of disposables.
- Shut off the tap while brushing your teeth.
- Take showers instead of baths. Use a low-flow shower head.
- Use tissue and toilet paper made with recycled paper.
- Put a brick in the toilet tank to reduce water use.

IN THE LAUNDRY/UTILITY ROOM

- Wash laundry in cold water. Only run full loads.
- Keep the dryer filter clean. Hang clothes to dry if possible.
- Turn the water heater down a few degrees.
- Wrap the hot water heater with insulation.
- Change the furnace filter frequently.
- Use bio-friendly detergents and cleaning supplies.

IN THE HOME OFFICE

- Use a laptop computer instead of a desktop model.
- Shut computers, printers and monitors off when not in use.
- Reuse envelopes, paper clips and file folders.
- Print only when necessary. Print on both sides of the paper.
- Use recycled printer cartridges and recycled paper.
- Unplug cell phone and laptop chargers when not in use.

IN THE GARAGE

- Recycle all used motor oil and wet cell batteries.
- Don't warm up cars or let them idle for long periods.
- Properly dispose of old paints, solvents and other chemicals.
- Use hand tools instead of power tools as much as possible.
- Keep cars tuned up so they run efficiently and last longer.
- Use fluorescent lighting.

IN THE YARD

- Collect rain water to use for watering the garden.
- Water the lawn and garden in the evening for less evaporation.
- Use compost and natural fertilizers instead of yard chemicals.
- Rake or shovel by hand instead of using a snow or leaf blower.
- Plant a garden. Less lawn to mow, plus fresh produce to eat!
- Plant trees. They consume carbon dioxide and emit oxygen.

AROUND THE HOUSE

- Turn the thermostat down a couple of degrees.
- Keep curtains closed at night to cut down on heat loss.
- Shut off lights, TVs and appliances when not in use.
- Use energy-saving compact fluorescent light bulbs.
- Use ceiling fans instead of air conditioning.
- Check windows and doors for drafts. Use weather stripping.

AT THE STORE

- Avoid buying products that are over-packaged.
- Purchase locally made products whenever possible.
- Buy natural and locally grown produce, dairy and meats.
- Buy larger quantities and make fewer shopping trips.
- Bundle multiple errands into a single outing.
- Buy items that are made from recycled materials.

OUTSIDE THE HOME

- Choose entertainment opportunities that are close to home.
- Buy useful items at flea markets, garage and estate sales.
- Get yourself removed from catalog and junk mail lists.
- Donate or recycle used clothing or appliances.
- Walk or ride a bike for short journeys.
- Turn off lights and air conditioning when you leave hotels.

ON THE ROAD

- Join a car pool or use transit if possible.
- Plan errands during off-peak traffic times.
- Take direct flights instead of connecting flights if possible.
- When traveling, turn down your thermostat and water heater.
- Drive a high mileage or hybrid vehicle.
- Keep your tires properly inflated.