

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 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 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.

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.

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.

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 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 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.

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.

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.