

20 Energy Saving and Carbon Reducing Tips



- 1 Turn off the lights when you leave a room
- 2 Use energy saving light bulbs such as Compact Fluorescent Light Bulbs (CFLs) or Light Emitting Diode (LED) lights



- 3 Turn your hot water heater down to 120 degrees
- 4 Use “smart” power strips to turn off several electronic devices at once
- 5 Unplug your phone charger when not in use



- 6 Turn off entertainment devices when not in use (TV, games, etc)
- 7 Keep heat in during winter and out during summer by closing window shades



- 8 Set your thermostat to 68 degrees or off when not at home or sleeping



- 9 Never use your oven to heat your home



- 10 Purchase low-flow shower heads

- 11 Walk, take the bus or ride your bike rather than driving



- 12 Shut off computers when not in use

- 13 Weatherize your home – insulation, weather-strip sealing around doors and windows. Look for air leaks. Be sure and always shut doors

- 14 Purchase energy-saving Energy Star appliances such as stoves, refrigerators, washing machines and dryers

- 15 During the cold months – wear sweaters, sweatshirts, use comforters and flannel sheets to stay warm. Drink hot tea, hot chocolate to stay warm.

- 16 Recycle a second, older refrigerator or freezer that is in your basement or garage and replace with a more energy-efficient model

- 17 Use a microwave oven versus a conventional oven to save energy

- 18 Use an electric or “push” lawn mower rather than a gas-powered lawn mower

- 19 Take shorter showers – less than 5 minutes is recommended for energy savings

- 20 Buy locally grown fruits and vegetables