Reduce Home Energy Use

Things *My* Household Could Do	We Do/Did This
❑ Measure our carbon footprint.	❑
❑ Turn our thermostat down at night and when we are away.	❑
❑ Add a clothing layer in cool weather, rather than turn up the heat.	❑
❑ Hang clothes up to dry in nice weather, rather than use the dryer.	❑
❑ Open windows in nice weather, rather than turn on the A/C.	❑
❑ Close window shades to help cool your home in hot weather.	❑
❑ Switch our home energy to Neighborhood Sun.	❑
❑ Unplug “vampire” devices or use “Smart” power strips.	❑
❑ Turn down the thermostat on your hot water heater.	❑
❑ Take shorter showers.	❑
❑ Wash clothes in cold water.	❑
❑ Replace furnace filters every 2-3 months.	❑
❑ Use a safe space heater if you just need to heat one room.	❑
❑ Avoid running the dishwasher at peak time (4-6pm).	❑
❑ Use air dry for your dishwasher, instead of heated dry.	❑
❑ Cook on the stovetop or in the microwave instead of the oven.	❑
❑ Turn off lights you are not using.	❑
❑ Set a timer and turn the oven off when you are done using it.	❑
❑ In cool weather, open the oven door after use to capture the heat.	❑
❑ Plastic *is* energy and can leach into food. Use glass food storage.	❑
❑ Switch from standard to LED light bulbs.	❑
❑ Use a low-flow shower head to reduce hot water use.	❑
❑ Have a home energy audit.	❑
❑ Seal air leaks around windows, power outlets, and doors.	❑
❑ Add insulation if your audit shows that you need it.	❑
❑ Add an attic “whole house” fan to pull hot air out of your home.	❑
❑ Replace a water heater with a high-efficency or tankless model.	❑
❑ Replace a non-efficient refrigerator with a more efficient one.	❑
❑ Replace windows with triple-paned ones.	❑
❑ Replace a less-efficient furnace with a more efficient one.	❑
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Reduce Food Waste

Things *My* Household Could Do	We Do/Did This
❑ Make a weekly food plan and buy only what we need.	❑
❑ Check our fridge and pantry before we go shopping.	❑
❑ Use up the most perishable foods, like veggies and fruit, first.	❑
❑ Buy frozen fruits or vegetables instead of fresh.	❑
❑ Take dinner leftovers for lunch.	❑
❑ Freeze and label leftovers and keep a list on the fridge to use them.	❑
❑ Store food correctly so it keeps longer. Google produce storage.	❑
❑ Move older foods to the front of the fridge and use them up first.	❑
❑ Freeze delicate foods *before* they go bad if you won't get to them.	❑
❑ Keep an uncluttered fridge, so you can see what you have.	❑
❑ Don't throw out food just because of a date. Use your senses.	❑
❑ Donate food you won't use to UUCC or other food pantry.	❑
❑ Plan a "use it up" meal each week.	❑
❑ Freeze soft or wilted veggies for use in stock or soup.	❑
❑ Blend wilted greens or veggie stems into smoothies.	❑
❑ Ask for doggie bags at restaurants and take leftovers home.	❑
❑ Use the palm of our hand as a guide for a protein serving.	❑
❑ Have one or more vegetarian or vegan meals per week.	❑
❑ Grow a vegetable garden with children.	❑
❑ Make stock out of chicken or meat bones.	❑
❑ Improve food storage so food does not get stale.	❑
❑ Start a compost pile for peels, cores, leaves, etc.	❑
❑ Save seeds from fruits and veggies and plant them in a food garden.	❑
❑ Learn pickling or canning to preserve food.	❑
❑ Use Hungry Harvest or Imperfect Produce and keep food out of landfills	❑
❑ Eat less—or no—beef.	❑
❑ Eat less—or no—red meat.	❑
❑ Commit to a vegetarian or vegan lifestyle.	❑
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Reduce Transportation Energy	
Things *My* Household Could Do	**We Do/Did This**
❑ Walk, bike, take public transportation, or share rides when you can.	❑
❑ Follow speed limits.	❑
❑ Group errands together to avoid single trips.	❑
❑ Accelerate and brake gently—not abruptly.	❑
❑ Plan a route with as few left turns as possible, to limit idling time.	❑
❑ Drive during the cooler part of the day in the summer.	❑
❑ Use car window shades on sunny days to reduce air conditioner use.	❑
❑ Use cruise control to keep a consistent speed on highways.	❑
❑ Let your tank run down to ¼ before you fill up, so your car is lighter.	❑
❑ If you will be idling for more than 1 minute, shut off the engine.	❑
❑ Drive at off-peak hours or unclogged roads as much as possible.	❑
❑ Drive or take a train for shorter distances (<500 miles) instead of flying.	❑
❑ Choose non-stop flights instead of connecting.	❑
❑ Pack light to reduce your travel weight burden.	❑
❑ Purchase carbon offsets for air and/or car travel—or plant trees.	❑
❑ Inflate your tires to the recommended level for your car.	❑
❑ Be sure your fuel filter is clean.	❑
❑ Keep your car tuned up.	❑
❑ Get your oil changed every 3 months.	❑
❑ Own one car instead of two or more.	❑
❑ Buy a small car instead of a large one.	❑
❑ Buy a hybrid or electric car.	❑
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