



community carbon challenge

Which list of actions would you like to view ?

For this month,

- ▶ I am on a tight budget.
- ▶ I have about \$200 to spend on energy efficiency.
- ▶ I'm a renter!
- ▶ I don't have much time!
- ▶ I've already done it all! I need a real challenge.
- ▶ I want to focus on my kitchen.
- ▶ I want to focus on transportation.
- ▶ I want to focus on water heating.
- ▶ I want to focus on waste reduction.



community carbon challenge

[The top 10 things I can do]

- ▶ Unplug electronics when you aren't using them (e.g., printer, stereo, TV)
- ▶ Install a programmable thermostat and adjust so temperature goes down to 58-60 in the winter at night and when no one is home.
- ▶ Set your thermostat as low as is comfortable in the winter and as high as is comfortable in the summer.
- ▶ Clean or replace filters on furnaces once a month or as needed.
- ▶ Get a tune-up for your furnace.
- ▶ Seal holes or cracks throughout your home.
- ▶ Install aerating, low-flow faucets and showerheads.
- ▶ Lower the thermostat on your water heater to 120°F.
- ▶ If you have a fireplace that you never use, plug and seal the chimney flue.
- ▶ Bike or walk instead of driving (at least once per week)
- ▶ Borrow instead of buying (2 items this month)



community carbon challenge

[I'm on a tight budget]

- ▶ Turn off lights when you leave a room.
- ▶ Use task lighting; instead of brightly lighting an entire room, focus the light where you need.
- ▶ Limit showers to 5 minutes.
- ▶ Use a covered kettle or pan to boil water; it's faster and it uses less energy.
- ▶ Match the size of the pan to the heating element.
- ▶ Use small electric pans or toaster ovens for small meals rather than your large stove or oven.
- ▶ Let your dishes air dry instead of using your dishwasher drying cycle.
- ▶ Replace meat meals with vegetarian fare (1 meal/week)
- ▶ Check your refrigerator temperature; recommended temperatures are 37° to 40°F for refrigerator and 5°F for the freezer section. If you have a separate freezer for long-term storage, it should be kept at 0°F.
- ▶ Clean the lint filter in the dryer after every load to improve air circulation.
- ▶ Air-dry clothes on clothes lines or drying racks.
- ▶ Carpool instead of going it alone (at least once per week)
- ▶ Borrow instead of buying (2 items this month)
- ▶ Buy it used instead of new (2 items this month)
- ▶ Speak your mind (talk to 2 policymakers)
- ▶ Read one new book about climate change
- ▶ Volunteer with a climate-change project (4 hours)



community carbon challenge

[I have about \$200 to spend]

- ▶ Install programmable thermostats and adjust so temperature goes down to 58-60 in the winter at night and when no one is home.
- ▶ Seal holes or cracks throughout your home.
- ▶ Install motion sensors and/or photocells on outdoor lights.
- ▶ Install aerating, low-flow faucets and showerheads.
- ▶ Insulate the first 6 feet of the hot and cold water pipes connected to the water heater.
- ▶ If you have a fireplace that you don't use, plug and seal the chimney flue.
- ▶ If you have a fireplace, install tempered glass doors.
- ▶ Replace disposable with reusable (at least 2 items this month.)





community carbon challenge

[I am a renter]

- ▶ Unplug electronics when not in use.
- ▶ Replace incandescent light bulbs (and halogen lamps) with compact fluorescent lamps (CFLs).
- ▶ Use a covered kettle or pan to boil water.
- ▶ Limit showers to 5 minutes.
- ▶ Let dishes air dry instead of using the dishwasher drying cycle.
- ▶ Wash your clothes in cold water using cold-water detergents.
- ▶ Air-dry clothes on clothes lines or drying racks.
- ▶ Scrape, don't rinse, off large food pieces from dishes.
- ▶ Use task lighting; instead of brightly lighting an entire room, focus the light where you need it.
- ▶ Carpool instead of going it alone (at least once per week.)
- ▶ Borrow instead of buying (2 items this month.)
- ▶ Speak your mind (talk to 2 policymakers.)
- ▶ Read one new book about climate change.
- ▶ Volunteer with a climate-change project (4 hours)



community carbon challenge

[I don't have much time]

- ▶ Set your thermostat as low as is comfortable in the winter and as high as is comfortable in the summer.
- ▶ Turn off the lights when you leave a room.
- ▶ Limit showers to 5 minutes.
- ▶ Use a covered kettle or pan to boil water; it's faster and it uses less energy.
- ▶ Match the size of the pan to the heating element.
- ▶ Clean the lint filter in the dryer after every load to improve air circulation.
- ▶ Wash your clothes in cold water using cold-water detergents whenever possible.
- ▶ Consolidate errands (twice this month.)
- ▶ Switch to online bills (at least 3 companies this month.)
- ▶ Break the coffee-cup habit (use reusable mug all month.)
- ▶ Break the water-bottle habit (use reusable bottle all month.)



community carbon challenge

[I want to focus on water heating]

- ▶ Install aerating, low-flow faucets and showerheads. Limit showers to 5 minutes.
- ▶ Repair leaky faucets promptly.
- ▶ Lower the thermostat on your water heater to 120°F.
- ▶ Insulate the first 6 feet of the hot and cold water pipes connected to the water heater.
- ▶ Drain a quart of water from your water tank every 3 months to remove sediment that impedes heat transfer and lowers the efficiency of your heater.
- ▶ Scrape, don't rinse, off large food pieces from dishes.
- ▶ Fill your dishwasher, but don't overload it.
- ▶ Wash your clothes in cold water using cold-water detergents whenever possible.
- ▶ Wash and dry full loads.



community carbon challenge

[I want to focus on my kitchen]

Stoves

- ▶ Use a covered kettle or pan to boil water.
- ▶ Match the size of the pan to the heating element.
- ▶ Use small electric pans or toaster ovens for small meals rather than your large stove or oven.
- ▶ Place the faucet lever on the kitchen sink in the cold position when using small amounts of water.
- ▶ Look for blue flames in natural gas appliances; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed.

Dishes

Scrape, don't rinse, off large food pieces from dishes.

- ▶ Fill your dishwasher, but don't overload it.
- ▶ Let your dishes air dry instead of using your dishwasher drying cycle.
- ▶ Replace meat meals with vegetarian fare (at least 1 meal per week)

Refrigerator

- ▶ Check your refrigerator temperature; recommended temperatures are 37° to 40°F for refrigerator and 5°F for the freezer section. If you have a separate freezer for long-term storage, it should be kept at 0°F.
- ▶ Regularly defrost manual-defrost refrigerators and freezers; frost buildup decreases the energy efficiency of the unit.
- ▶ Make sure your refrigerator door seals are airtight, it should have some grip when you pull on it.
- ▶ Clean the coils behind or under your refrigerator annually using a vacuum with a brush attachment.



community carbon challenge

[I want to focus on transportation]

- ▶ Carpool instead of going it alone (at least once per week.)
- ▶ Take the bus instead of driving (at least once per week.)
- ▶ Bike instead of driving (at least once per week.)
- ▶ Walk instead of driving (at least once per week.)
- ▶ Work or study from home (at least once per week.)
- ▶ Consolidate errands (twice this month.)
- ▶ Inflate your tires (check your air pressure.)
- ▶ Lighten your load (removed extra weight from your car.)
- ▶ Slow down (go the speed limit.)



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community carbon challenge

[I want to focus on waste reduction]

- ▶ Borrow instead of buying (2 items this month.)
- ▶ Buy it used instead of new (2 items this month.)
- ▶ Bring your own bag (use cloth once a week.)
- ▶ Buy local produce (2 pounds per week)
- ▶ Buy local products (at least 2 items per week.)
- ▶ Buy in bulk (at least 2 items.)
- ▶ Instead of throwing it away, don't let food rot (reduce the amount of food you throw away beabout one pound per month.)
- ▶ Compost (start a compost pile.)
- ▶ Air-dry your hands instead of using paper towels.
- ▶ Reuse instead of recycle (at least one item per week.)
- ▶ Have a waste-free lunch (at least one item per week.)
- ▶ Break the coffee-cup habit (use reusable mug all month.)
- ▶ Break the water-bottle habit (use reusable bottle all month.)
- ▶ Stop junk mail.
- ▶ Refill ink cartridges instead of buying new ones.
- ▶ Switch to online bills (at least 3 companies this month.)
- ▶ Replace disposable with reusable (two items this month.)



community carbon challenge

[I have already done it all]

- ▶ Clean or replace filters on furnaces once a month or as needed; get a tune-up for your furnace.
- ▶ Install motion sensors and/or photocells on outdoor lights.
- ▶ Insulate the first 6 feet of the hot and cold water pipes connected to the water heater.
- ▶ Drain a quart of water from your water tank every 3 months to remove sediment that impedes heat transfer and lowers the efficiency of your heater.
- ▶ Scrape, don't rinse, off large food pieces from dishes.
- ▶ Replace meat meals with vegetarian fare (1 meal/wk.)
- ▶ Clean the coils behind or under your refrigerator annually using a vacuum with a brush attachment.
- ▶ Borrow instead of buying (2 items this month.)
- ▶ Stop junk mail.
- ▶ Refill ink cartridges instead of buying new ones
- ▶ Volunteer with a climate-change project (4 hours.)
- ▶ Spread the word (get 2 people to take 2 actions.)



**community
carbon
challenge**

THANK YOU

FOR TAKING THE CHALLENGE!



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