



PERSONAL PRACTICES TO REDUCE YOUR GREENHOUSE GAS EMISSIONS

Here are some things that you can do around your home and in your neighborhood to reduce the Greenhouse Gas (GHG) emissions that your lifestyle creates. Some of these practices are easy to implement and some are more challenging. For more information, see the Climate Friendly Zone website, www.climatefriendlyzone.ca

AT HOME

- ✓ **Use the Right Light.** Your best option at home is making a switch to LED lighting. Replacing twenty 60-watt incandescent lights with LED lights will prevent over 1,000 kg of carbon dioxide emissions per year. And remember to always turn the light off when you leave a room.
- ✓ **Turn It Off!** Your electronic equipment – TV, DVD, computer, printer, etc. – all use electricity when they are seemingly turned off. In the average home, 40% of electricity used to power home electronics is consumed while the products are turned off but on stand-by. Save money by unplugging them, or alternatively plug them into a power bar and turn the power bar off when you are not using them.
- ✓ **Heat and Cool Efficiently.** Practise simple steps like changing air filters regularly, and properly use a programmable thermostat. Unblock heat flows by moving furniture away from registers. Have your heating and cooling equipment checked and maintained annually by a licensed contractor. These steps can significantly reduce your utility bills.
- ✓ **Keep the Heat In.** Reduce air leaks by using caulking and replacing old weather stripping. Increase insulation in your attic and under unheated floors. Lower your thermostat by up to 5°C at night and when nobody is home. During summer, let the cool night air in but close blinds and drapes during the day. These measures can save you up to 25% on heating and cooling costs.
- ✓ **Don't Be A Drip.** Practice simple water-saving actions. Don't let your water run while brushing your teeth. Repair all toilet and faucet leaks right away. A leaky toilet can waste up to 900 litres of water per day. Install water-saving showerheads. Water your lawn only when needed, and do it during the coolest parts of the day; early morning is best. By using less water, you reduce the energy requirements of both the water and waste water treatment plants in your community, thus cutting greenhouse gas emissions.
- ✓ **Warm Water Smarts.** Set your water heater at 60°C to save energy, and wrap it in an insulating blanket, especially if it is more than 15 years old. Where possible, wash your clothes in cold water. This simple change can save at least 230 kg of CO₂ annually.

- ✓ **Use a Solar Clothes Dryer.** Dry your laundry on a clothesline whenever possible. Electric clothes dryers can generate almost 3 kg of greenhouse gases with every load.
- ✓ **Buy ENERGY STAR®** When buying a new appliance, choose one with a high energy efficiency rating. For instance, replacing a 1990 dishwasher with an ENERGY STAR® dishwasher will reduce carbon dioxide emissions by approximately 750 kg annually.
- ✓ **Buy Local.** By doing so, you avoid the greenhouse gas emissions associated with transporting food and products long distances into Saskatchewan.
- ✓ **Reduce Food Waste.** A lot of greenhouse gas emissions are created in getting food past the farm gate to you; yet over 30% of food sold in North America is wasted.

ON THE ROAD

- ✓ **Buy Smart.** When shopping for a new or used vehicle (or even renting a car), choose the cleanest, most fuel-efficient vehicles available today. Check out www.fueleconomy.gov for reliable information on vehicle emissions and fuel economy.
- ✓ **Tires up?** Under-inflated tires increase wear, reduce fuel economy, and increase emissions. The correct tire pressure for your vehicle is posted either in the glove compartment or on the driver's-side doorpost. Check your tire pressure regularly.
- ✓ **Give Your Car a Break.** Use public transportation, carpool, walk, bike or roll whenever possible. Leaving your car at home just two days a week can reduce GHGs emissions by an average of two tons per year.
- ✓ **Be Idle Free.** Idling more than 10 seconds uses more fuel than restarting your engine.
- ✓ **Lighten Up.** Avoid keeping unnecessary heavy items in your vehicle. For example, remove your canoe or luggage carrier from the car roof when not in use. An extra 50 kg in your vehicle could reduce your mileage by up to 2 percent.

AT SCHOOL, OFFICE, AND IN YOUR HOME AND NEIGHBORHOOD

- ✓ **Reduce, Reuse, and Recycle.** This reduces the emissions associated with production of new materials. The Saskatchewan Waste Reduction Council (www.saskwastereduction.ca) is a good source of information about what and where you can recycle. Use recycled paper for photocopying and print two-sided. Look for supplies made with recycled contents.
- ✓ **Tally It Up.** Use EPA's Household Greenhouse Gas Emissions Calculator (<http://www.epa.gov/climatechange/ghgemissions/ind-calculator.html>) to estimate the annual Carbon Footprint of your home, school or business resulting from energy use, transportation and waste disposal. This tool can also help you estimate how new equipment, appliances and practices could reduce your GHG emissions. Always try to buy ENERGY STAR certified equipment. In the longer run, encourage your business to have an energy and emissions audit.
- ✓ **Spread the Word.** Encourage others to conserve. Share information about recycling and energy conservation with friends, neighbors and co-workers. This reduces greenhouse gas emissions and saves money.