**Simple steps that:**

**Cost me $0**

**Save me many $$$**

**Lower my environmental impact**

**Water heater (represents 12% of utility bill)**

* **Thermostat set at 120F or between low and medium settings** (saves 1200 lbs of CO2/year for an electric heater; 880 lbs for a gas heater.)
* **Thermostat “Off” or on “pilot” when away on a trip.**
* **Use less hot water.**

**Washing machine**

* **Wash in cold water. (90% of energy used to heat water - 10% to run machine).**
* **Run only with a full load.**

**Clothes drying**

* **Line drying in the sun. (Can save 1016 to 2224 lbs of CO2 ; $65 to $120/year).**

**Dishwasher**

* **Run only with a full load.**
* **Air dry the dishes.**

**Refrigerator** (represents 20% of utility bill)

* **Set temperature as close to 37 F and freezer as close to 3 F as possible.**
* **Make sure *‘energy saver’* switch is on.**
* **Make sure gaskets are clean and sealed tightly**.

**Lighting (represents 15% of energy bill)**

* **Turn off lights in unoccupied rooms.**

**Showers**

* **5 minute showers.**

**5 min. vs 10 min. shower saves $$ and eliminates several 100 lbs of CO2.**

**Home heating (approx. 31% of utility bill)**

* **55-58F at night**
* **65-68 F during day.**

**20% savings on energy bill, 1,400 lbs decrease in CO2 emissions.**

**Paper use**

* **Print double-sided.**
* **Reuse one-sided printed paper to print or as scratch paper.**
* **Use cloth towels instead of paper towels.**
* **Use cloth napkins instead of paper napkins.**

**Home electronics**

* **Turn off computers, tv, printers, scanners, etc. when not in use.**

**Driving**

* **Combine trips.**
* **Slow down. Over 60 mi/hr, efficiency decreases rapidly.**
* **Carpool.**
* **Keep tires inflated properly.**

**Low cost investments – Lower energy bills**

**Lighting**

* **Use compact fluorescent bulbs. Energy savings between 50%-75% .**

**Home electronics**

* **Plug home electronics into power strips. Turn off the power strips when the equipment is not in use. TVs and DVD players in standby mode still use power and produce 600 lbs CO2/year on average.**

**Showers**

* **Low flow shower heads. A family can conserve 14,000 gallons of water annually, and save energy because of lower hot water use.**

**Home heating**

* **Programmable thermostat.**
* **Caulk windows and doors to prevent energy loss.**

**Water heater**

* **Install insulating blanket.**

**Higher cost investments - Higher pay offs.**

* **Home insulation.**
* **Solar panels.**
* **ENERGY STAR appliances to replace inefficient ones.**
* **High miles per gallon or hybrid car.**

[www.sustainablemontereycounty.org](http://www.sustainablemontereycounty.org) (Resources – 4. Personal Actions)