

things you can do now

Want to help stop global warming?

Here are a dozen simple things you can do, plus the amount of carbon dioxide you'll save.

Change a light

Replacing one regular light bulb with a compact fluorescent light bulb will save 300 pounds of carbon dioxide a year.

Drive less

Walk, bike, carpool or take mass transit more often. You'll save one pound of carbon dioxide for every mile you don't drive!

Recycle more

You can save 2,400 pounds of carbon dioxide per year by recycling just half of your household waste.

Check your tires

Keeping your tires inflated properly can improve gas mileage by more than 3%. Every gallon of gasoline saved keeps 20 pounds of carbon dioxide out of the atmosphere!

Use less hot water

It takes a lot of energy to heat water. Use less hot water by installing a low-flow showerhead (350 pounds of CO₂ saved per year) and washing your clothes in cold or warm water (500 pounds saved per year).

Avoid products with a lot of packaging

You can save 1,200 pounds of carbon dioxide if you cut down your garbage by 10%.

Adjust your thermostat

The simple adjustment of moving your thermostat down just 2 degrees in winter and up 2 degrees in summer could save you about 2,000 pounds of carbon dioxide a year.

Plant a tree

A single tree will absorb one ton of carbon dioxide over its lifetime.

Turn off electronic devices

Simply turning off your television, DVD player, stereo and computer when you're not using them will save you thousands of pounds of carbon dioxide a year.

Try Meatless Mondays

Skipping meat one day per week would help save over 35,000 gallons of water. Cutting meat out of your diet entirely would help save 5,000 lbs of carbon emissions per year.

Unplug

Unplugging hair dryers, phone chargers, toaster ovens and power cords when not in use can save up to 20% on home energy use.

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An Inconvenient Truth



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