

# 101 Ways to Save Energy



## Food

Bring your own bags to the grocery store.

Shop closer to home and support your local economy.

Join a "CSA" (Community Sustainable Agriculture) for fresh local food.

Eat what's in season.

Buy in bulk. Look for stores with honey, peanut butter, and oil in bulk and bring your own jar to refill. Weigh it first. A little flour sack can be refilled with grains.

Buy Fair Trade Products.

Use loose tea in tea balls.

Eat veggies, grain and beans. Livestock accounts for 20% of methane gas.

Organic foods save the soil and are full of trace minerals.

Avoid GMOs (genetically modified foods). They breed super weeds and may cause allergies. Super weeds need toxic super weed killers.

## In the Kitchen

Use cloth napkins, dish towels, and dish rags.

Wear an apron.

Filter your drinking water, if necessary, instead of buying it in plastic bottles.

Run dishwasher when full. Pre-wash dishes only if necessary.

Skip the dry cycle and open the dishwasher door instead.

Bake multiple dishes in the same oven or one right after the other.

Use glass jars and old style glass storage containers to store food.

Keep the freezer full but the refrigerator with air space.

Clean refrigerator and AC coils.

## In the Bathroom

Take short showers.

Turn off the water while shampooing, shaving, brushing teeth, gargling.

Use organic, chemical free cosmetics and shampoos.

Use microbead free cosmetics.

## In the Laundry

Use a clothesline with clothes pins or a drying rack.

Concentrated soaps use less packaging.

Keep diapers white (and baby bottoms rash free) by washing in hot water with bleach substitute followed by a second rinse with  $\frac{3}{4}$  cup white vinegar.

## Cleaning Choices

Go poison-free.

Clean with baking soda, 10% vinegar in water and citrus products. Slow down on bleach and ammonia.

Find a local organic cleaners. Drop off and pick up with a garment bag.

## In the Home/Office

Use plants to purify air.

Use fans first!

Check out the new, very low energy appliances.

LEDs are now cheaper and have better light.

Turn lights off when leaving a room.

Install dimmers, motion sensors, solar lights.

Warm black boxes are using electricity = "vampire" loads.

Plugs, cables, extension cords all lose electricity.

Get a library card. Use online reservation service.

Call the phone number on junk

mail and ask to be deleted from mailing lists **or make the request in their postage-paid envelope.**

Print on two sides of the paper. Cut memo pads from paper printed on one side.

Bring unused items to a thrift shop. Look for swap meets.

Try products made from fast-growing, renewable bamboo: sheets, towels, cutting boards, flooring.

Heat pump ACs save you money.

Use power strips for easy on-off. There are whole-room and whole-house easy on-off switches. Cut off all those ceiling fans as you leave.

Fix leaky faucets and toilets.

Caulk around pipes, doors, and windows to stop drafts.

Choose reusable.

Use solar-powered battery rechargers.

Build a solar cooker/oven.

Carefully recycle electronics.

Install awnings to keep the sun from windows and patio.

Explore alternative heating and cooling. Solar-heated hot water is free.

Give solar panels for birthdays, wedding presents, good grades and for graduations.

Using 1KWh = 2 pounds CO<sub>2</sub>.

## On the Go

Take public transportation (and read a book).

Unload your car to lighten the load.

Keep tires properly inflated, wheels aligned, and engine well tuned.

Don't leave your car idling.

Ride share and carpool.

Explore the new electric vehicles and bikes.

Ride a bike.

Skip the hotel plastic mini-bottles of shampoo. BYO.

Skip the escalator and elevator and take the stairs.

Carry a knife, fork and spoon you can wash and use again.

Use a thermos and refillable water bottles.

Coffee shops will refill your own coffee mug or to go containers.

Pack a stuff sack for unexpected shopping.

Put a handkerchief or bandana in your pocket or purse.

List nearby places to visit.

## In the Yard & Garden

Learn to "square foot" garden.

Compost leaves, greens and soil together. Lightly water and turn the pile once in a while.

Use hand tools instead of power tools when possible, like a hand mower and rake.

Direct downspouts into a rainwater barrel.

Shrink your lawn; use organic compost and lawn food.

Explore personal biodigestors for gas and fertilizer.

## In the Community

Let your town know you want to save energy.

Shield outdoor lights to point light down.

Volunteer at your local park or waterfront and make it the best place to visit.

Plant a community garden.

Remodel older homes rather than building new.

Energy touches everything!