

At Home

Reducing your carbon footprint might seem like a daunting task, but it is easier than you think. In fact, you can start right away by what you do at home. Here are a few suggestions:

- Change to using LED light bulbs
- Turn lights off when they are not in use
- Turn off and disconnect electronic devices when they are not in use; in fact, you can make this process easier by plugging them into a power strip
- Keep your various chargers unplugged when not in use
- Consider using a laptop computer over a desktop model
- Filter your own water, rather than using bottled water; bottled water is one of the worst things to do to our environment.
- Keep your thermostat two degrees warmer in the summer and a couple degrees cooler in the winter
- Even your curtains can help: keeping them open during the day in the winter months and closed at night
- Conversely, if you keep your curtains closed during the day and open at night during the summer months you can keep your home cooler and reduce your carbon footprint
- When not at home, keep your thermostat off
- Try to microwave your meals rather than cook them more conventionally
- If you use the oven, bake using the upper shelf as it is more energy-efficient
- Try to buy in-season produce, given that out-of-season fruits and vegetables require shipment across the country and additional refrigeration
- Try to buy local food
- Cut back on beef and dairy
- If you have a subscription to a printed newspaper, recycle it when you are finished with it
- If you are a fan of digital news, consider reducing your browsing time or reading it from a laptop
- Take a shower, rather than a bath
- Install more water efficient shower heads
- Wash your clothes with cold water
- Do not use black trash bags (the pigment that gives them their color makes them unable to be recycled)
- And speaking of recycling: try to recycle whenever possible
- Whenever possible, try to buy used products
- Speaking of buying, also try to buy items made from recycled materials
- Try to avoid buying items with excessive packaging
- Consider selling/donating items that you are no longer using, rather than simply throwing them out
- Recycle your old phones
- Switch to renewable energy; you may be able to work with your local utility companies or you can do it yourself with solar panels, as an example
- Create a compost pile for
- Plant an organic garden
- Try to buy certified wood, e.g., wood harvested from a responsibly managed forest

- Plant a tree; trees reduce carbon by quite a bit
- Speaking of gardening, plant climate-appropriate plants
- Also, consider using drip irrigation systems to more efficiently keep your plants watered
- Use rechargeable batteries
- Try to buy energy-efficient appliances
- Install ceiling fans and use them rather than an air conditioner whenever possible
- If possible, look into properly insulating your home