



## 1-2-3 Response to Global Warming Campaign

### Further Individual Actions

Would you like to take steps beyond your 1-2-3 Pledge to counteract global warming? Here are more things you can do to make an even bigger difference in protecting our environment:

## More Things to Do: Transportation

1. **If you must drive**, these are essential tips that can benefit everyone. By taking these actions, you will be amazed at how much money you can save and how many hundreds (or thousands) of pounds of carbon dioxide you can avoid releasing into the atmosphere over a year's driving:

- Slow down even more when driving at high speeds (the difference between driving at 75 mph and 55 mph is 20-30 per cent savings in gasoline use).
- Avoid jackrabbit starts and sudden stops.
- Check your tires once a month to make sure they're properly inflated.
- Combine several errands in one trip.
- Keep your car well-tuned and change oil regularly.
- Don't carry any excess weight in your vehicle – every extra 100 lbs. costs you 1% fuel efficiency.

2. **If you STILL must drive:**

- **Car pool to work!** – Find someone in your neighborhood or someone from work who passes by your way.
- **Car pool for other activities**, especially taking kids to school activities, attending church and social outings and running errands or shopping.

- Try to arrange at your job that you can work from home one day per week.
- Buy a car that gets at least 30 miles per gallon combined city/highway (the Toyota Prius, Honda Civic Hybrid and Honda Insight, all gas/electric hybrids, get over 50 mpg).

3. **Best Idea - DON'T DRIVE:**

These actions save **by far** the most money for you and the most carbon dioxide released into the atmosphere:

- **Take the bus or other public transportation**

Tired of fighting rush hour traffic? You don't know how relaxing a commute can be – sit back, read the paper, take a little snooze and smile about how much you're not spending for gasoline, parking and



maintenance.

- **Bike or walk** – Great exercise, free or little cost, absolutely no pollutants created.



## More Things to Do: At Home

1. Set your hot water heater no higher than 120 degrees. For every 10 degrees lower, you save about 13% on your water heating energy bill.
2. Wrap your hot water heater in an insulating jacket (if appropriate for your model).
3. Install a high-efficiency showerhead. **This can save up to 50% of water heated.**
4. Wash only full loads in your dishwasher.
5. Reduce paper and save trees from being cut:
  - Use both sides of a piece of paper before recycling.
  - Use printer software, such as FinePrint (at [www.fineprint.com](http://www.fineprint.com)), to better control your computer printing.
  - Buy canvas bags and use each time you go grocery shopping.
6. Making aluminum requires enormous amounts of electricity. Use glass containers whenever possible. If you must use aluminum, always recycle.
7. When buying a new appliance, look for the Energy Star label. For more information, call 888-STAR-YES or check the website at [www.energystar.gov](http://www.energystar.gov).
8. Turn down your thermostat to your overnight temperature a half-hour before you go to bed – most likely, you'll never notice a difference.
9. Turn down your thermostat to your overnight temperature whenever you leave your home.
10. **Insulate!** Caulking, weatherstripping and adding insulation to your attic and walls are excellent ways to keep cold air from entering your home.
11. When you're not in a room, simply **turn off the lights!** (Many of us can still hear our fathers asking us if we own stock in the electric company.)
12. If you're not using your computer monitor for more than 5-10 minutes, turn it off – it uses as much electricity as a 60-watt bulb. Turn off your computer completely if you won't be using it for a few hours or more.
13. Buy blocks of renewable energy through your local utility or from independent renewable energy companies. They help support the development of non-polluting sources of electricity.
14. Volunteer to help make our church an environmentally-friendly building that will take a leadership role in promoting sustainable practices.
15. *And two more you might never have considered:*
  - **Eat less meat.** Cows and pigs produce an enormous amount of methane gas, second only to carbon dioxide in causing global warming.
  - **Buy locally-grown and locally-produced food as much as possible. Support local farmers; join a CSA (Community Supported Agriculture).** The food we buy travels an average of *1500 miles to reach us*. The amount of fossil fuel burned to bring it to us is astronomical.



Material courtesy of First Unitarian Church, Portland, OR