

# 25 Steps Under \$25

## Lighting

## CO<sub>2</sub> Reduction

- 1. Turn off the lights in unused rooms.
- 2. Buy energy-efficient lighting, such as LEDs or CFLs.
- 3. Replace your halogen lamp with an LED.
- 4. Light your holiday decorations with LED lights rather than incandescent bulbs.

380 pounds a year

180 pounds a year per bulb

475 pounds a year

122 pounds a season

## Appliances & Gadgets

## CO<sub>2</sub> Reduction

- 5. Unplug and recycle old or rarely used refrigerators.
- 6. Allow laundry items to air-dry after washing.
  
- 7. Cut your phantom electric loads in half by installing surge protectors for computers, printer, TV, and by turning off your office equipment when you're not using it. Make sure sound systems and projectors are turned off when not in use.
- 8. Run dishwasher only with a full load and use the "energy-saving" setting to dry dishes. Or don't use heat when drying, just open the door to air dry.
- 9. Use a manual push mower. The blades must be sharpened every 2 to 3 years. Using other traditional non-electric tools will also make a contribution to energy savings.

2,500 pounds a year

200 pounds a year for every dryer load reduced per week; 780 pounds a year for the entire summer; 1,400 pounds a year if year-round

A minimum of 500 pounds a year. (Phantom loads account for 6% of our nation's electrical use.)

200 pounds a year

At least 80 pounds a year



Interfaith Power & Light

# COOL CONGREGATIONS

Learn more at [coolcongregations.org](http://coolcongregations.org)

## Heating & Cooling

## CO<sub>2</sub> Reduction

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| <input type="checkbox"/> 10. Ask your utility for an energy audit to find out how to improve building efficiency. These audits are sometimes free and can provide information on rebates for improvements. | Potentially thousands of pounds a year         |
| <input type="checkbox"/> 11. Don't overheat or overcool rooms. Adjust thermostat lower in winter and higher in summer.   | 500 pounds a year for each 2 degree adjustment |
| <input type="checkbox"/> 12. Clean or replace air filters as recommended. Cleaning a dirty air conditioner filter can save 5% of the energy used.  | 175 pounds a year                              |
| <input type="checkbox"/> 13. Install programmable thermostats to automatically adjust temperatures.  | 600 pounds a year                              |
| <input type="checkbox"/> 14. Caulk and weather-strip around doors and windows to plug air leaks.   | Up to 1,350 pounds a year                      |

## Water

## CO<sub>2</sub> Reduction

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| <input type="checkbox"/> 15. Install shower timers to encourage each shower user to reduce their shower time by 5 minutes.   | 250 pounds a year per person                        |
| <input type="checkbox"/> 16. Instead of washing laundry items in hot water, wash them in cold water.   | 500 pounds a year for each two loads a week reduced |
| <input type="checkbox"/> 17. Turn down water heater's thermostat to 120 degrees. Think about installing a programmable thermostat on water heater, if you only need hot water at certain times or on certain days. | 500 pounds a year for each 10 degree adjustment     |
| <input type="checkbox"/> 18. Install low-flow showerheads and faucets to use less hot water.   | Up to 300 pounds a year                             |
| <input type="checkbox"/> 19. Install faucet aerators.  | 20 pounds a year per faucet                         |
| <input type="checkbox"/> 20. If water heater is 5 years old, or more, wrap it in an insulating jacket.   | Up to 1,000 pounds a year                           |

## Getting Around

## CO<sub>2</sub> Reduction

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| <input type="checkbox"/> 21. Whenever possible, walk, bike, carpool, or use mass transit. Join a carpooling system. | 20 pounds for every gallon of gas saved |
| <input type="checkbox"/> 22. Check the inflation in vehicle tires to increase your fuel efficiency.                 | 250 pounds a year                       |
| <input type="checkbox"/> 23. Change vehicle air filters according to the car manual.                                | 200 pounds a year                       |

## Recycle and Reuse

## CO<sub>2</sub> Reduction

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| <input type="checkbox"/> 24. Reduce waste by recycling, buying minimally packaged goods, choosing reusable products (dishes, placemats, etc.), using cloth grocery bags, and buying food in bulk, and composting. | 100 pounds a year for every gallon per week reduced |
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Cool Congregations Challenge is a program of Interfaith Power & Light. More info at [CoolCongregations.org](http://CoolCongregations.org)