



What is a carbon footprint ?

A Carbon Footprint is a measure of the impact human activities have on the environment in terms of the amount of green house gases produced, measured in units of carbon dioxide. Below is a list of steps you can take to reduce your carbon footprint.

At Home

Adjust Your Thermostat

Move your heater thermostat down two degrees in winter and up two degrees in the summer. Save 2000 lbs of carbon dioxide (CO₂) and \$98 per year. Instead of turning up the heat in your home, wear a sweater. Save 1,000 lbs. of CO₂ and \$250 per year.

Change the furnace and AC Filters

Clean or replace dirty filters as recommended. Save 350 lbs. of CO₂ and \$150 per year.

Insulate and Weatherize Your Home

Make sure your walls and ceilings are insulated. Save 2,000 lbs. of CO₂ and \$245 per year. Caulk and weather strip your doorways and windows. Save 1,700 lbs. of CO₂ and \$274 per year.

Switch to Double Pane Windows

Double pane windows keep more heat inside your home so you use less energy. Save 10,000 lbs. of CO₂ and \$436 per year.

Take Shorter Showers and Install a Low-Flow Showerhead

Showers account for 2/3 of all water heating costs. Save 350 lbs. of CO₂ and \$99 per year. Using less water in the shower means less energy to heat the water. Save 350 lbs. of CO₂ and \$150.

Check and Insulate Your Waterheater

Keep your water heater thermostat no higher than 120°F. Save 550 lbs. of CO₂ and \$30 per year. Keep your water heater insulated could save 1,000 lbs. of CO₂ and \$40 per year.

Switch to a Tankless Water Heater

Your water will be heated as you use it rather than keeping a tank of hot water. Save 300 lbs. of CO₂ and \$390 per year.

Use Compact Fluorescent Bulbs

Replace 3 frequently used light bulbs with compact fluorescent bulbs. Save 300 lbs. of CO₂ and \$60 per year

Fill the Dishwasher

Run your dishwasher only with a full load. Save 100 lbs. of CO₂ and \$40 per year.

Replace Old Appliances

Inefficient appliances waste energy. Save hundreds of lbs. of CO₂ and hundreds of dollars per year by using EnergyStar rated appliances.

Unplug Un-Used Electronics

Even when electronic devices—computers and peripherals, TVs, stereos—are turned off, they use energy. Plug them into a power strip and switch it off when you are not using the appliances. Save over 1,000 lbs of CO₂ and \$256 per year.

Air Dry Your Clothes

Line-dry your clothes in the spring and summer instead of using the dryer. Save 700 lbs. of CO₂ and \$75 per year.

Plant a Tree

Trees suck up CO₂ and make clean air for us to breathe. Save 2,000 lbs. of CO₂ per year.

Use a Push Mower

Use your muscles instead of fossil fuels and get some exercise. Save 80 lbs of CO₂ and \$35 per year.

Buy Energy Certificates

Help spur the renewable energy market and cut global warming pollution by buying wind certificates and green tags.

Getting Around

Buy a Hybrid Car

The average driver could save 16,000 lbs. of CO₂ and \$3,750 per year driving a hybrid

Buy a Fuel Efficient Car

Getting a few extra miles per gallon makes a big difference. Save thousands of lbs. of CO₂ and a lot of money per year.

Carpool When You Can

Own a big vehicle? Carpooling with friends and co-workers saves fuel. Save 790 lbs. of CO₂ and hundreds of dollars per year.

Use Public Transportation

Find out about your local transit service and then use it.

- North County Transit District: 760-966-6500 (Monday-Friday, 8 - 5)
- Breeze Buses: www.gonctd.com/breeze/breezes.html
- Coaster: www.gonctd.com/coaster/coasters.html
- Amtrak: www.amtrak.com, 1-800-USA-RAIL (1-800-872-7245)

You can connect from the Southern Pacific Depot in San Diego to a bus for the airport, saving time and money!

Inflate Your Tires

Keep the tires on your car adequately inflated. Check them monthly. Save 250 lbs. of CO₂ and \$840 per year.

Change Your Air Filter

Check your car's air filter monthly. Save 800 lbs. of CO₂ and \$130 per year.

Purchasing Power

Use Recycled Paper

Make sure your printer paper is 100% post consumer recycled paper. Save 5 lbs. of CO₂ per ream of paper.

Buy Products Locally

Buy locally and reduce the amount of energy required to drive your products to your store.

Buy Organic Food

The chemicals used in modern agriculture pollute the water supply, and require energy to produce.

Bring Cloth Bags to the Market

Using your own cloth bag instead of plastic or paper bags reduces waste and requires no additional energy.

Buy Minimally Packaged Goods

Less packaging could reduce your garbage by about 10%. Save 1,200 pounds of CO₂ and \$1,000 per year.

Reduce Garbage

Buy products with less packaging and recycle paper, plastic and glass. Save 1,000 lbs. of CO₂ per year.