



Green Building Strategies At Home (September 2007)

The average American causes 40,000 pounds of CO₂ emissions to be released into the Earth's atmosphere each year. Take the first step to help curb global warming by learning how you can reduce your personal CO₂ output.

| <u>Best Practices or Installations</u> | <u>Cost</u> | <u>Benefits/Savings</u> |
|--|----------------------------|--|
| 1. Turn down heater, turn up A/C 3 degrees Set thermostat at 62/78 | \$0 | 1,050 lbs of CO ₂ per year \$100 per year |
| 2. Wash two loads of laundry per week in cold or warm water instead of hot | \$0 | 500 lbs of CO ₂ per year |
| 3. Recycle half of the aluminum, glass, plastic, and paper | \$0 | 2,400 lbs of CO ₂ per year |
| 4. Shut down your computer and monitor when not in use | \$0 | 1,000 lbs of CO ₂ per year |
| 5. Drive 15 miles less per week (carpool or bike) | \$0 | 900 lbs of CO ₂ per year |
| 6. Clean dryer lint filter and exhaust regularly | \$0 | \$50 per year |
| 7. Replace old appliances with Energy Star appliances | \$0 | \$50 per appliance |
| 8. Unplug or use power strips for unused appliances | \$10 | \$100 per year |
| 9. Clean or replace HVAC filter often (MERV 6 or higher) | \$10 | \$100 per year |
| 10. Replace 5 most used bulbs with CFLs | \$10 | 500 lbs of CO ₂ per year \$100 per year |
| 11. Put bottle in toilets' water tank, install low flow shower/sink adapters | \$35 | 22,000 gal of water per year \$100 per year |
| 12. Install carbon monoxide detector | \$40 | reduce harm to human health |
| 13. Add live houseplants | \$200 | improve indoor air quality |
| 14. Use native plants and smart irrigation system | \$250 | \$100 per year |
| 15. Install solar light tubes or skylights | \$500 | improve indoor air quality \$50 per year |
| 16. Weather-strip windows/doors, seal ducts, add insulations | \$600 | \$100 per year |
| 17. Install a whole house fan or ceiling fans | \$750 | \$250 per year |
| 18. Provide overhang, tint, or plant trees on South facing windows and doors | \$1,000 | reduce heat gain and improve comfort |
| 19. Install solar water heater | \$1,800 (after rebate) | \$250 per year |
| 20. Install solar power system | \$20,000 (after rebate) | 10,000 lbs of CO ₂ per year \$2,000 per year |