

Note on adjusting personal lifestyles to minimize your effect on the Planet

- **(these first ones are really BIG)**
- Don't just do it, talk about so others do it too
- Write, call or email your representatives in Santa Fe and Washington, more below
- Skip a Trip – a trip from Nashville to Oslo produces 8 tons of CO₂ per passenger
- Drive a fuel efficient car – smallest you can get by with
- Eat less meat
- Get to BMI “normal” weight (Airlines would save billions of gallons)
- Add solar or wind on roof
- Don't wash dishes, let a professional (dishwasher) do it
- No rinsing either, just scrape the worst off
- Cook more meals at home
- Live in fewer square feet, stay married
- Consider carbon offsets
- A long car trip produces a lot too
- Visit some place closer to home
- Hire someone to seal your house
- Work from home
- Use cruise control, proper tire inflation
- Lower temp. and insulate water heater
- Use energy efficient laptop computer
- Use it – clothes etc. then reuse it!
- Eat all the food you buy
- Recycle aluminum, plastic and paper
- Drink tap water (bottled water has contaminants anyway)
- Producing the bottles for American consumption required the equivalent of more than 17 million barrels of oil, not including the energy for transportation
- Bottling water produced more than 2.5 million tons of carbon dioxide and huge amounts of landfill material where it takes 450 years to breakdown
- It took 3 liters of water to produce 1 liter of bottled water
- Drink water, not pop, energy drinks etc.
- These drinks use the same resources and energy for making, containerizing and shipping as bottled water -- no essential nutrition either
- Take the bus, carpool, walk, bicycle for errands
- Plan multiple things with one trip
- Make right turns
- No drive-through windows – unless you have a car that turns off
- Brakes are the enemy of fuel efficiency
- See a stop sign/light turn ahead: let off the gas now (be in the right lane for these things, drivers get impatient to speed up to the light and hit the brakes hard)
- Only going a short distance on this street, don't speed up to the speed limit

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- Would leaving for Church or other commitment in town 1 minute earlier be that much of a problem?
- Shower, don't bathe; 5 minute showers!
- Water saving showerheads & toilets, or "fool your toilet" with a brick
- Aerate your water
- Flush with recycled graywater
- Use hemp or cotton shower curtain
- Install a cool roof
- Cover that cooking pot
- Zeroscape, Use organic fertilizers and composts
- Insulate, insulate, insulate
- Tankless hot water
- Energy efficient appliances, get new fridge
- Pay attention to daylight; countertops near windows
- Be awake during daylight
- Dry clothes outside when possible
- Cloth grocery bags
- If paper or plastic, reuse
- Buy bulk or large packages – saves packing material
- Cook from scratch
- In the kitchen, think small; smallest oven, cooking pot, flame etc
- Use microwave when possible
- Say no to vinyl, one of the most toxic building materials
- Barrels to collect rainwater
- Live in smaller house
- Turn water off when brushing teeth
- Turn lights/TV etc. off when leaving a room
- Wash clothes in cold water whenever possible
- When using hot to wash, rinse in cold water
- Set thermostat to comfortable temperature with heavy sweaters in winter (68?) and comfortable with light clothes in summer (76?)
- Programmable thermostat, unless you can do better manually
- Use a broom, no need to hose down your driveway or walk
- Eat more "vegetarian" and less meat -- it takes 7 calories of grain to produce 1 calorie of meat
- Use the old instead of buying new
- Don't ship gifts
- Minimize printing, Print 2-sided
- Buy bulk – minimize packaging
- Use more wood! Most energy efficient, renewable
- Add a wood or pellet stove
- "Trees are the Answer" web site
- Steel takes 6 – 8 times as much energy as wood, aluminum 16 times

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- Dry clothes outside, use dryer to “fluff”
- Wash Laundry in cold water (saves \$.36 per load)
- Lower thermostat; use flannel sheets, comforters, wear long underwear & sweaters (each degree saves 3 – 5 %)
- Lower water heater temperature
- Unplug what isn’t being used– printers, chargers....
- Use LED lights only
- Turn out lights when not in the room
- Seal ducts, add insulation
- Replace old windows and doors
- Turn dishwasher off before drying cycle, open door
- Open oven door after baking – turn off oven 10 min. before finishing
- Set ceiling fans to push warm air down in winter
- Lighten the car; no roof racks not being used, etc.
- Keep car tuned, oil changed, tires inflated
- Grow some veggies
- Plan a week’s worth of food to avoid grocery trips
- Eliminate waste – use food before it spoils
- Add oatmeal to hamburger to make it go farther
- Don’t shop as entertainment or when hungry
- Go to www.dmachoice.org to have catalogs stopped
- Use washable instead of throwaway
- Use rain barrels
- Plant from seed rather than starter pots
- Compost, and add shredded white paper
- For wrapping paper, look at your kids’ artwork or coloring books (use re-useable bags)
- Use the public library
- **More Resources**
- Goodside website for more on your personal contribution:
- [Carbon Footprint Reduction: The Ultimate Guide | Goodside \(joininggoodside.com\)](http://www.goodside.com)
- IPCC Summary for Policy Makers
- [Summary for Policymakers — Special Report on Climate Change and Land \(ipcc.ch\)](http://www.ipcc.ch) [Summary for Policymakers — Special Report on Climate Change and Land \(ipcc.ch\)](http://www.ipcc.ch)
- Search Dave Attenborough documentaries, Netflix etc.
- Follow the weekly Earth Week. www.earthweek.com – A Diary of the Planet: News in Science, Health, Weather, Environment and Nature
- Book by Leidy Klotz, “Subtract: The Untapped Science of Less”

GROUP/GOVERNMENT ACTIONS

Energy conservation, from better insulation to fuel efficiency, must be encouraged and mandated by government as an investment in a more appropriate infrastructure for the difficult times ahead.

Note on adjusting personal lifestyles to minimize your effect on the Planet

- In North America, we should stop using natural gas as a fuel for new electricity generators, or for upgrades to existing electricity generators.
- None of these measures will prevent a great reduction of consumption, but may prevent serious social disorganization. We need to figure out how to retain social cohesiveness while going through the reduction.
- Write, call or talk to your representatives.
- With all we know now, and experts and scientists have been pointing this out for decades, do you still want your state and federal governments to subsidize the oil and coal industries? They do to the tune of \$ billions. Let your rep. know, and use your vote wisely in the next election!

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