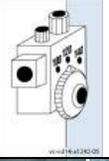


Reduce Your Carbon Footprint #1

Some of the Free and Easy Stuff!

Save Money and Feel Warmer this Winter

Make Your Water Heater Efficient

	<ul style="list-style-type: none"> <input type="checkbox"/> Set your water heater thermostat to 120°F. Line up the arrow ► on the dial with the arrow ◀ on the outside, and it will be at the right temperature. <input type="checkbox"/> Install a water heater blanket and pipe insulation, especially on the first 3 feet of the two pipes attached to the water heater. <input type="checkbox"/> Install faucet aerators.
	<ul style="list-style-type: none"> <input type="checkbox"/> Reduce shower time to 5 minutes or less. <input type="checkbox"/> Get a free low-flow shower head installed when you get a free home energy assessment from Renew Boston or Mass Save (request one at www.tinyurl.com/BostonCANassessment).
	<ul style="list-style-type: none"> <input type="checkbox"/> If you hand wash dishes, fill a dish pan with hot water rather than running the hot water all the time. <input type="checkbox"/> For automatic dishwashers, use energy-saving cycles (air-dry) and run only when full.

Turn Down the Heating Thermostat

	<ul style="list-style-type: none"> <input type="checkbox"/> When you are not home, set your thermostat 10 degrees less than when you're home and awake. <input type="checkbox"/> Before bed, lower the thermometer, then heat your bed with a bean bag warmer, hot water bottle, or electric blanket (turn it off before falling asleep).
	<ul style="list-style-type: none"> <input type="checkbox"/> Wear a sweater! <input type="checkbox"/> Close your curtains. <input type="checkbox"/> Wear slippers that cover your ankles. <input type="checkbox"/> Keep a throw on your couch for cozy TV watching time.

Turn Appliances All the Way Off

	<ul style="list-style-type: none"> <input type="checkbox"/> Put a power strip with on-off switch between appliances and outlet. Switch the strip to off when appliances are not in use. <input type="checkbox"/> Use the power-saving settings on computers, dishwashers, and clothes dryers.
	<ul style="list-style-type: none"> <input type="checkbox"/> Borrow a Kill-a-Watt electricity monitor from your local library and find out how much power each appliance is drawing when in use and when powered off.

Feel Good about Improving Your Earthly Home

Garbage In, Garbage Out

	<ul style="list-style-type: none"> <input type="checkbox"/> To reduce junk mail, write to DirectMail.com, National Do Not Mail Registry, 5511 Ketch Road, Frederick, MD, 20678. Request that they remove your name from all 3rd class mailing lists. You can make your request at no charge via the Internet at www.directmail.com/junk_mail. <input type="checkbox"/> Contact those companies still sending you junk mail and request to be removed from their lists. You can use their self-addressed return envelope, fax, or call the 800 number for customer service.
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Eat Lower on the Carbon Chain

	<ul style="list-style-type: none"> <input type="checkbox"/> Take a shopping bag with you to every store, not just when food shopping. Have a friendly conversation with the cashier about it. <input type="checkbox"/> Buy in bulk to reduce packaging.
	<ul style="list-style-type: none"> <input type="checkbox"/> Eat less meat. The meat industry produces 40% of the world's global warming pollution. <input type="checkbox"/> Buy local food.

For more information go to <http://www.bostoncan.org/>