



## GOVERNOR SCHWARZENEGGER'S 20% IN 20 DAYS CHALLENGE BECOME A CLEAN ENERGY CHAMPION

CLIMATE-SMART STRATEGIES	Average Annual CO <sub>2</sub> Pounds Saved!
<b>IN THE HOME</b>	
<b>Heating/Cooling</b>	
<b>Adjust your thermostat by 2 degrees.</b> Cooler in winter, warmer in summer.	2,000
<b>Replace the filters on your air conditioner</b> and while you're at it, replace those filters in your car and vacuum too for even more savings.	350
<b>Wrap your water heater in an insulating blanket.</b>	550
<b>Lower your water heater thermostat to 120 degrees F.</b> , for every 10 degrees you turn the temperature down, you can save 600 pounds of carbon dioxide if you have an electric water heater or 440 pounds for a gas heater.	500
<b>Invest in a solar water heater</b>	2,500
<b>Electronics</b>	
<b>Unplug electronics when not in use.</b> Even when electronics are turned off, items like cell phone chargers, stereos, toasters, and computers keep using energy.	1,000
<b>Adjust your computer settings</b> so both the computer and monitor go to sleep when inactive for 10 minutes. Even when your display switches to screensaver mode, your computer is still using a great deal of power.	250
<b>Replace electronics</b> such as TVs, VCRs, DVD players and telephones with ENERGY STAR® models—which use as much as 50 percent less energy. This could save more than 25 billion pounds of greenhouse gas emissions, the equivalent to taking 3 million cars off the road for one year, according to EPA.	It's up to you!
<b>Lighting</b>	
<b>Use CFL light bulbs.</b> Lighting accounts for close to 20 percent of the average home's electric bill. ENERGY STAR qualified CFLs use up to 75 percent less energy than incandescent light bulbs, last up to 10 times longer, cost little up front, and provide a quick return on investment. One CFL replacing an incandescent can cut CO <sub>2</sub> emissions by 822 pounds in five years which equals 164 pounds a year.	164
<b>Let "Mother Nature" light your home.</b> Sunlight is brighter than a multitude of light bulbs, and it's free.	It's up to you!
<b>Turn off all lights</b> not in use to save money and energy.	It's up to you!
<b>Appliances</b>	
<b>Only run your dishwasher when it is full</b> and use the energy-saving setting if you have one. By eliminating just one load per week, you can save 100 pounds of carbon dioxide and \$40 per year.	100
<b>Move your fridge and freezer.</b> The refrigerator or freezer uses more energy if it is located next to hotter equipment or appliances like the cooker or boiler. For example, if the fridge or freezer is located in a hot cellar room where the temperature is about 88°F, energy use is almost double and causes an extra 320 pounds of CO <sub>2</sub> emissions for fridges per year and 640kg for freezers.	320
<b>Wash your clothes in cold water</b> or use the warm/cold setting instead of the warm/warm setting. Switching to cold water would save 350 pounds of GHGs a year.	350
<b>Air-dry your clothes</b> instead of using the dryer. Save 700 lbs. of carbon dioxide and \$75 per year.	700
<b>Water Use</b>	
<b>Take a shower instead of a bath.</b> Showers require as little as a third of the water. However, this is true as long as you keep them under five minutes long. So be quick and use a shower	It's up to you!

timer to keep track of time next time you hop in!	
<b>Reduce the water you use for showers.</b> Even if you don't want to take shorter showers, avoid the habit of turning the shower on to let it warm up for a few minutes before you get in. Showers use 2.5 gallons of water per minute, and each gallon uses three ounces of carbon dioxide. If you run your shower for two less minutes a day, you can save 342 pounds of carbon dioxide a year.	<b>342</b>
<b>Cooking.</b> When making tea or cooking, boil only the water you actually need (heating more water wastes energy) and cover pots on the stove. Using a pressure cooker is even more efficient, saving 70% of energy used compared to a pot.	<b>It's up to you!</b>
<b>Home Improvements</b>	
<b>Get a home energy audit.</b> Many utilities offer free home energy audits to find where your home is poorly insulated or energy inefficient. You can save up to 30% off your energy bill and 1,000 pounds of carbon dioxide a year.	<b>1,000</b>
<b>Insulate and weatherize your home.</b> Properly insulating your walls and ceilings can save 25% of your home heating bill and 2,000 pounds of carbon dioxide a year. Caulking and weather-stripping can save another 1,700 pounds per year.	<b>3,700</b>
<b>Switch out your windows to double pane.</b> Save 10,000 lbs. of carbon dioxide and \$436 per year.	<b>10,000</b>
<b>Plant a few trees.</b> Trees sequester – or store – between five and 400 pounds of carbon dioxide annually depending on their size and growth rate. Properly placed trees shade our homes and office buildings, reducing air conditioning needs up to 20 percent, thereby reducing the amount of fossil fuels burned to produce electricity	<b>It's up to you!</b>
<b>Switch to green power.</b> In many areas, you can switch to energy generated by clean, renewable sources such as wind and solar.	<b>It's up to you!</b>
<b>ON THE ROAD AND IN THE AIR</b>	
<b>Use public transportation.</b> At least one day a week, take the bus or light-rail, ride a bike, walk or carpool. Every time you avoid driving one mile, you save one pound of carbon dioxide. Leaving your car at home just two days a week will reduce greenhouse gas emissions by an average of 1,600 pounds per year.	<b>1,600</b>
<b>Fill your car tires.</b> Under-inflated tires require more energy to roll, which translates into more frequent gasoline fill-ups. According to the Department of Energy, you can improve your fuel economy by about 3.3 percent if you keep your tires inflated properly. By maintaining proper tire pressure, you could reduce your GHGs by at least 1/8 of a ton each year and save at least \$50 in fuel costs.	<b>250</b>
<b>Minimize car idling.</b> If you turn off your car when you're not moving for 10 minutes a day, you can save 550 pounds of carbon dioxide per year and money on gas.	<b>550</b>
<b>Tune your ride.</b> A well-maintained car is more fuel-efficient, produces fewer greenhouse gas emissions, is more reliable, and is safer! Keep your car well tuned, follow the manufacturer's maintenance schedule, and use the recommended grade of motor oil. Also check and replace your vehicle's air filter regularly (check once a month and save 800 pounds a year)	<b>800+</b>
<b>Buy fuel-efficient vehicles.</b> By purchasing the most fuel-efficient vehicle in a particular class, you can save up to \$300-\$700 in fuel costs per year. And by purchasing a vehicle that gets five more miles per gallon than your current vehicle, you can avoid emitting about 17 tons of greenhouse gases over the lifetime of the vehicle.	<b>Varies</b>
<b>Switch to Four Day Work Week.</b> Many companies are loosening their ties to the traditional five day work week and allowing their employees to adopt a four week schedule where appropriate. Instead of going to work for an eight hour shift, you go for ten, and then get a three day weekend. In U.S. state of Utah, government employees work a 4-day week which is cutting GHG emissions by 12,000 metric tons.	<b>It's up to you (And your boss!)</b>
<b>Fly less.</b> Air travel produces large amounts of emissions so reducing how much you fly by even one or two trips a year can reduce your emissions significantly. You can also offset your air travel by investing in renewable energy projects. One roundtrip from LAX to NYC produces approx. 1,976 pounds of GHGs.	<b>Varies</b>
<b>WHAT YOU EAT AND DRINK</b>	
<b>Buy local produce and support local farmers markets.</b> Processed food in the United States travels more than 1,300 miles on average to reach consumers and produce travels more than 1,500 miles from the industrial farm to the plate.	<b>It's up to you!</b>
<b>Buy fresh food, not frozen (90% less energy).</b>	<b>It's up to you!</b>
<b>Buy organic foods as much as possible.</b> Organic soils capture and store carbon dioxide at	<b>It's up to you!</b>

much higher levels than soils from conventional farms. If we grew all of our corn and soybeans organically, we'd remove 580 billion pounds of carbon dioxide from the atmosphere.	
<b>Eat less meat or none at all.</b> Livestock are responsible for 18 per cent of the greenhouse gases that cause global warming, more than cars, planes and all other forms of transport put together - plus bring a whole host of other resource, chemical, pollution, disease and cruelty issues.	<b>3,000</b>
<b>Don't drink bottled water.</b> Americans bought a total of 8.8 billion gallons of bottled water in 2007. According to one estimate, producing these bottles required the energy equivalent of over 17 million barrels of oil and produced over 2.5 million tons of carbon dioxide. This is the same amount of carbon dioxide that would be emitted by over 400,000 passenger vehicles in one year. 1 kilogram of bottled water (approx 33 ounces) can emit 1.2 of greenhouse gases.	<b>It's up to you!</b>
<b>AND JUST PLAIN SMART THINGS YOU SHOULD DO!</b>	
<b> Lose 10 pounds</b> (the weight gained by the average American, in the past 10 years.) Airlines use 350 million more gallons of jet fuel every year hauling around those extra pounds and your car wastes more fuel doing the same thing. Total GHGs saved: Over 10 tons!	<b>120,000</b>
<b>Cancel Catalogs.</b> Gather all of the catalogs you get in the mail each month and take a few minutes to cancel the ones you never look at. All you need to do is call the customer service number – it's usually listed towards the middle of the catalog by the order form – and read a representative your customer number, which is on the back cover over the address label. If you cancel five catalogs, you can decrease your carbon output by about 77 pounds.	<b>77</b>
<b>Recycle.</b> Every time you recycle one pound of garbage, you reduce your carbon dioxide emissions by one pound. The average American generates 4 pounds of garbage a day so that would be 1460 pounds a year or 1460 pounds of CO2.	<b>1460</b>
<b>Shopping Bags.</b> Shop with a reusable shopping bag - - we use 100 billion plastic bags a year, all made from oil.	<b>It's up to you!</b>
<b>Grow plants instead of buying fake ones.</b> They look better and improve the air	<b>It's up to you!</b>
<b>Be green in your yard.</b> Use a push mower, which, unlike a gas or electric mower, consumes no fossil fuels and emits no greenhouse gases.	<b>It's up to you!</b>
<b>Reduce garbage.</b> Save 1,000 lbs. of carbon dioxide per year. By simply buying products with less packaging and being sure to recycle your paper, plastics and glass, you can make a big difference. Reducing your trash by 25% is an easy and realistic goal.	<b>1,000</b>
<b>Make sure your printer paper is 100% post consumer recycled paper.</b> Save 5 lbs. of carbon dioxide per ream of paper. The paper industry is the third greatest contributor to global warming emissions.	<b>30</b>
<b>Consider the impact of your investments.</b> If you invest your money, you should consider the impact that your investments and savings will have on global warming. Check out SocialInvest and Ceres to can learn more about how to ensure your money is being invested in companies, products and projects that address issues related to climate change.	<b>It's up to you!</b>
<b>Encourage your school or business to reduce emissions.</b> You can extend your positive influence on global warming well beyond your home by actively encouraging other to take action.	<b>It's up to you!</b>
<b>Protect and conserve forest worldwide.</b> Forests play a critical role in global warming: they store carbon. When forests are burned or cut down, their stored carbon is release into the atmosphere - deforestation now accounts for about 20% of carbon dioxide emissions each year.	<b>It's up to you!</b>
<b>Vote, volunteer and spread the word!</b>	<b>It's up to you!</b>
<b>TOTAL SAVED (average from all strategies)</b>	<b>152.593 pounds or 127 tons!!!</b>

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