

Reducing your Environmental Footprint

(Print and save this checklist for reference)

By taking these steps to reduce its environmental footprint . . .	The average family of four could reduce its annual greenhouse gas emissions by this much . . .
Insulation/Air Sealing	
Install an insulation/air barrier system like Icynene (based on 40% energy cost savings)	A home with Natural Gas heating and an average monthly Natural Gas bill of \$110 could reduce emissions by as much as 4,000 lbs
Install an insulation/air barrier system like Icynene (based on 40% energy cost savings)	A home with electrical heating and an average monthly electrical bill of \$110 could reduce emissions by as much as 7,000 lbs
Lighting	
Replace five 75-watt incandescent bulbs with 25-watt compact fluorescent bulbs	Reduces emissions by as much as 500 lbs
Replace 12 75-watt incandescent bulbs with 25-watt compact fluorescent bulbs	Reduces emissions by as much as 1,200 lbs
Heating/Cooling/Appliances	
In summer turn up the air conditioner thermostat by 5°F	Reduces emissions by as much as 300 lbs
On winter nights turn down the furnace thermostat by 5°F	Reduces emissions by as much as 240 lbs
Replace an old air conditioner, furnace or boiler with an Energy Star model	Reduces emissions by as much as 3,000 lbs
Replace an old refrigerator with an Energy Star model	Reduces emissions by as much as 500 lbs

Sources: Environmental Protection Agency (EPA), AOL Personal Impact Calculator. The above chart is for illustrative purposes only. Actual cost savings and greenhouse gas reductions will vary by household.