

3. SCRUB-A-DUB TUB

Reducing Water Used for Washing Dishes

WHY ACT?

Each time you run your dishwasher, you produce approximately two pounds of CO₂. Hand-washing dishes inefficiently can use up to 15 gallons of hot water or almost 3 pounds of CO₂ per dish-washing. Through greater dishwashing efficiency you can reduce your CO₂ footprint in this area by 25% or more.

CO₂ REDUCTION ACTION

- Dishwasher: Run only when you have a full load. Scrape off food, but don't rinse dishes before loading. Use the energy-saving setting to dry dishes ("air dry" rather than "heat dry").
- Hand-washing: Wash dishes in a tub of hot soapy water. Fill a second tub for rinsing dishes.
- Make sure your kitchen faucet has an aerator. Aerators reduce water flow by about 25% and produce a water stream that is every bit as good for washing dishes, hands, or fruits and vegetables.

Note: When it's time to replace your dishwasher, buy Energy Star®. Information about Energy Star® dishwashers can be found at www.energystar.gov

TIME & MATERIALS

- You will save time through greater efficiency in your dishwashing.
- Sink, tub, dishwasher, biodegradable dishwashing soap.

GOAL

If you use a dishwasher, reduce dishwasher use by one load per week, and avoid using the "heat dry" setting to dry your dishes. For hand-washing, always wash dishes in one basin and rinse in a second basin.

CO₂ CREDIT

Note: Check the box as you take each action.

- For reducing dishwasher use by one load per week, credit yourself 175 pounds of avoided CO₂ per year.
- For minimizing hot water use in hand dishwashing, credit yourself with 125 pounds of avoided CO₂ emissions annually.
- Bonus: If you have an Energy Star® dishwasher or plan to buy one within a year, credit yourself an additional 100 pounds of annual CO₂ savings.





4. WEAR IT AGAIN SAM

Washing and Drying Clothes Efficiently

WHY ACT?

Typical electric clothes washers and dryers generate 5 pounds of CO₂ per washer/dryer cycle. Do your clothes really need to be washed after one wearing, or will the simple touch of an iron or the removal of a dirty spot allow you to wear them again?

For laundry machine-washed in hot water, 90% of the energy goes to heat the water, while only 10% powers the machine itself. In most cases, washing clothes in cold water gets them just as clean as washing them in warm or hot water, and the CO₂ savings are substantial—about 2 pounds per load.

The new, front-loading washing machines save even more energy by reducing the amount of water—hot or cold—used in each load by about 50%. These washers also have a faster spin cycle than conventional machines, so they remove more of the water from your clothes, reducing the energy it takes to dry them.

CO₂ REDUCTION ACTION

- Wear clothes until they are actually dirty. Hang them up after each wearing to let them air out naturally.
- Use an iron to touch up creases or a wet cloth and a little soap to get a spot out when the rest of the garment is clean.
- When you wash your clothes, be energy-efficient by doing full loads and using cold water for washing and rinsing.
- Dry full loads or use a clothesline instead.
- Separate loads for fast- and slow-drying clothes and use moisture or automatic settings rather than the timer.

TIME & MATERIALS

- A few minutes to iron, remove a spot, or hang clothes up to dry.
- An iron, wet cloth, soap, clothesline, drying rack, washer, and dryer.

8. DRIVE EARTH SMART

Fuel Efficient Driving

WHY ACT?

Did you know that you can save 10–30% of your fuel costs and the CO₂ that represents by driving smart? This action will not only save you money and the planet CO₂; it will also make you a safer driver. Here's how to drive smart.

CO₂ REDUCTION ACTION

- Before you even pull out of the driveway:
 - If your household has more than one vehicle, drive the more fuel-efficient model when you have a choice.
 - Plan your route, including commutes to work. The best route may not be the shortest, but the one that prevents idling in traffic. In city driving, up to one-third of your fuel can be wasted through idling.
 - Rid your car of any unnecessary weight. You lose 1% fuel efficiency for every extra 100 pounds.
- When driving on the highway:
 - Maintain a steady speed, using your cruise control device if you have one. For most vehicles, 55 is the most fuel efficient highway speed and will save you up to 20–30% in fuel costs compared to driving at 75 mph. It's also safer.
- When driving on secondary roads:
 - Anticipate stops and slowdowns, decelerating steadily to save gas.
 - When appropriate, drive between 45 and 55 mph, the most fuel efficient range.
 - Turn your engine off when you stop for a minute or two, such as at railroad crossings. It's a myth that it's more fuel-efficient to leave your engine running for a few minutes than to turn it off and restart it.

TIME AND MATERIALS

- No time at all and a light foot on the pedal.

GOAL

Develop Earth-Smart driving practices.

CO₂ CREDIT

Note: Check the box as you take the action.

- For implementing these fuel efficient driving practices, credit your household for saving 55 gallons of gasoline per year, which represents 1,200 pounds of annual CO₂ reduction per auto.

