

# SAVE MONEY WHILE SAVING THE PLANET!

**Here's what YOU can do to help slow climate change,  
conserve resources and save money ...**



## **Adjust Your Thermostat**

If you move your heater thermostat down two degrees in winter and up two degrees in summer, you could save \$98 and 2,000 lbs. of carbon dioxide per year. *(Extra Tip: "Smart Hours" or other time of day pricing programs are available from some energy suppliers such as OG&E.)*

## **Put on a Jacket or Sweater**

If you wear more clothes instead of turning up the heat in your home, you could save \$250 and 1,000 lbs. of carbon dioxide per year.



## **Check Your Water Heater Temp**

If you keep your water heater thermostat no higher than 120°F, you could save \$30 and 550 lbs. of carbon dioxide per year.

## **Insulate Your Water Heater**

If you keep your water heater insulated, you could save \$40 and 1,000 lbs. of carbon dioxide per year.

## **Switch to a Tankless Water Heater**

Gas-fired tankless heaters save an average of \$108 per year over their traditional tank counterparts, while electric tankless heaters save \$44 per year. Also, carbon emissions will be reduced considerably with this type of heater since it runs only on demand *(estimate of amount saved is unavailable)*.



## **Weatherize Your Home**

If you caulk and weatherstrip your doorways and windows, you could save \$274 and 1,700 lbs. of carbon dioxide per year.

## **Insulate Your Home**

Make sure your walls and ceilings are insulated properly and you could save \$245 and 2,000 lbs. of carbon dioxide per year.

## **Switch to Double or Triple-Pane Windows**

Your investment in double/triple-pane windows will soon pay off when you save up to \$436 and 10,000 lbs. of carbon dioxide per year.

## **Replace Old Appliances**

Since inefficient appliances waste energy, you can save hundreds of dollars per year and hundreds of pounds of carbon dioxide by replacing them with new energy efficient appliances.

## **Wash Clothes in Cold Water**

If you skip the hot water on 2 loads of laundry per week, you'll save energy and should have less wrinkled clothes. You could also save up to 500 lbs. of carbon dioxide each year. *(Extra Tip: If you use cold water regularly, it keeps the colors brighter and preserves the clothing items longer.)*

## **Use A Solar Power Clothes Dryer**

If you line dry your clothes outdoors in warm weather, you could save \$75 and 700 lbs. of carbon dioxide per year.



## **Take Shorter Showers**

Since showers account for 2/3 of all water heating costs, taking a shorter shower could save \$99 and 350 lbs. of carbon dioxide per year.

## **Install a Low-Flow Showerhead**

Since using less water in the shower means less energy is used to heat the water, using a low-flow showerhead could save \$150 and 350 lbs. of carbon dioxide per year.

## **Fill the Dishwasher**

If you run your dishwasher only with a full load, you could save \$40 and 100 lbs. of carbon dioxide per year. *(Extra Tip: Use the energy-saving setting to dry dishes and don't use heat when drying. Just open the door when finished and air dry.)*

## **Use LED light Bulbs**

LED lights are up to 80% more efficient than traditional lighting such as fluorescent and incandescent lights. 95% of the energy in LEDs is converted into light and only 5% is wasted as heat. Less energy use reduces the demand from power plants and decreases greenhouse gas emissions. You can purchase a 60-watt-equivalent LED light bulb for less than \$4 and they last 5 times longer than CFLs.



### **Inflate Your Tires**

If you keep the tires on your car adequately inflated, you could save \$840 and 250 lbs. of carbon dioxide a year.

### **Change Your Air Filter**

If you check your car's air filter monthly, you could save \$130 and 800 lbs. of carbon dioxide per year.



### **Buy a Hybrid or Electric Car (or other fuel efficient vehicle)**

The average driver could save \$3,750 and 16,000 lbs. of carbon dioxide per year by driving a hybrid. *(Extra Tip: Offset global warming impacts of your car and/or airline travel online at Terrapass.com.)*

### **Carpool When You Can**

If you carpool with friends and co-workers, you could save hundreds of dollars and 790 lbs. of carbon dioxide per year.



### **Drive 15 miles less each week**

You can shrink your gas costs and your waistline by walking, biking and taking public transportation (*very hard in OK!*) and save up to 900 lbs. of carbon dioxide each year.

### **Avoid idling**

Give your engine and the climate a break by turning off your car when you aren't moving ... except in traffic or at a stop light, of course. If you cut out 10 minutes of daily idling, you could save up to 550 lbs. of CO<sub>2</sub> each year.

### **Buy Minimally Packaged Goods**

If you reduce your garbage by around 10% by purchasing products with less packaging, you could save \$1,000 and 1,200 lbs. of carbon dioxide per year.

### **Recycle**

Recycling saves a lot of energy needed to make new products. If you recycle just 50% of your glass, aluminum, plastic, cardboard and newspapers, you could save natural resources and up to 2,400 lbs. of carbon dioxide each year.



### **Plant Trees**

Since deciduous trees suck up carbon dioxide and make clean air for us to breathe, you could save 2,000 lbs. of carbon dioxide per year for each tree you plant. *(Extra Tip: Planting trees strategically around your home could also reduce your energy consumption and save money.)*

### **Use a Push Mower**



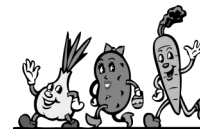
Not only will you save money and up to 80 lbs. of carbon dioxide every year, you will get some exercise if you use a push mower on your lawn. Also, using an electric mower will reduce carbon dioxide, but probably won't save money. *(Extra Tip: Better yet, do away with your grass and Xeriscape your lawn with native plants for low maintenance, plant pollinator gardens or start producing food in a front yard garden.)*

### **Break the Bottled Water Habit**

The bottled water industry is stealing our public water supply, wasting huge amounts of energy & water manufacturing it to steal from us again with its cost. There is no benefit of drinking bottled water unless your city is out of compliance. Use a filter on your tap or a pitcher filter if desired. Google to find out more or visit Riverkeepers (site below\*).

### **Eat less meat (especially beef and lamb) and more plant-based food**

Consider Meatless Monday to get started. National Geographic\*\* reports that eating beef (especially from feedlots) is actually more harmful to the planet than driving a car. EarthDay.org\*\*\* explains that eating less meat significantly reduces your carbon footprint and reduces your use of natural resources (and, saves money!).



### **Resources**

\*<https://www.riverkeeper.org/campaigns/tapwater/bottled-water/>

\*\*National Geographic <https://www.nationalgeographic.com/environment/2019/01/commission-report-great-food-transformation-plant-diet-climate-change/>

\*\*\*<https://www.earthday.org/take-action/cutting-your-foodprint/>  
[www.nrdc.org/stories/how-you-can-stop-global-warming](http://www.nrdc.org/stories/how-you-can-stop-global-warming)  
[www.StopGlobalWarming.org](http://www.StopGlobalWarming.org)



**Updated for Oklahoma Sierra Club 4/01/19**  
**by Susie Shields Derichsweiler (sderichsweiler@cox.net)**

**Here are the ways you can get connected to Sierra Club's activities:**

Signup for Enews & see event calendar (*scroll down to bottom of home page*)

<https://www.sierraclub.org/oklahoma> (*includes Twitter & Instagram buttons*)

"LIKE" us on Facebook: <https://www.facebook.com/oksierraclub>