

# Ten Things You Can Do To Help Stop Global Warming

## Change a light

Replacing one regular light bulb with a compact fluorescent light bulb will save 150 pounds of dioxide a year.

## Drive Less

Walk, bike, carpool or take mass transit more often. You'll save one pound of dioxide for every mile you don't drive.

## Recycle more

You can save 2,300 pounds of carbon dioxide per year by recycling just half of your household waste.

## Check your tires

Keeping your tires inflated properly can improve gas mileage by more than 3%. Every gallon of gasoline saves keeps 20 pounds of carbon dioxide out of the atmosphere.

## Use less hot water

Use less hot water by installing a low flow shower head (350 pounds of CO<sub>2</sub> saved per year) and washing your clothes in cold or warm water (500 pounds of CO<sub>2</sub> saved per year)

## Avoid products with a lot of packaging

You can save 1,200 pounds of carbon dioxide if you cut down you garbage by 10%.

## Adjust your thermostat

Moving you thermostat down just 2 degrees in the winter and up 2 degrees in the summer could save 2,000 pound of carbon dioxide a year.

## Plant a tree

A single tree will absorb one ton of carbon dioxide over its lifetime

## Be a part of the solution

Learn more and get active