

80 things you can do to save our planet

What is your carbon footprint? The American national average is 7.5 tons a year. Visit <http://www.climatecrisis.net/takeaction/carboncalculator/> to find out. Try these 80 different ways to save energy, resources, and the planet. Check off the practices you already do, and then try at least one new practice every week! Then, go to the back of this insert and fill out your pledge sheet to reduce your carbon footprint.

Always

- Recycle plastics, aluminum, steel cans, cardboard, glass and paper. Never throw garbage in a recycling container. For more information on recycling in Davis, visit www.davisrecycling.org
- Properly dispose of hazardous waste. Take all hazardous waste, including oil, batteries, and electronics to the Yolo County Central Landfill Recycling Center at 44090 County Road 28 on drop off days. For fee information and dates, call (530) 666-8729. If you can't wait for a drop off day, contact the City of Sacramento Recycling and Transfer Station at (916) 379-0500.
- Drop your plastic grocery bags back off at the grocery store to reuse and recycle.
- Better yet, use a canvas grocery bag! Many grocery stores will give you a small discount for using your own bag.
- Turn off lights and appliances when you're not using them.
- Turn your thermostat down 2 degrees in the winter and up 2 degrees in the summer.
- Fans use a lot less energy than the air conditioner. Use them as much as possible in the summer.
- Use rechargeable batteries.
- Take your favorite mug to your favorite coffee shop. Many cafés offer a few cents off your drink purchase.
- When your cell phone, iPod, or PDA is done charging, unplug it, and unplug the charger.
- Buy used items when appropriate.
- Sell, give away, or donate reusable items.
- Buy products that use less packaging.
- Rent or borrow items you won't use often.
- Frequent stores with good environmental and sustainable business practices.
- Don't pour anything down storm drains. Storm drains are for rain water only!
- Volunteer with a local agency that plants trees around town. Visit Tree Davis at www.treedavis.org
- 'Adopt-a-Park.' Contact Parks & Community Services at (530) 757-5656.
- Eat less beef. One pound of beef can take up to 36 pounds of CO₂ emissions to produce.
- Drink tap water instead of bottled water. Remember that every bottle of water has to be filtered, bottled in plastic, and then shipped to the store.

At Home

- Line-dry your laundry as much as possible.
- Turn off your electric blanket if you're not in bed.
- Install skylights when possible to use natural light in your home or office.
- When no one is home, turn the air conditioner up or the heater down.
- Make sure your fireplace damper is shut when not in use.
- Only run the dishwasher or washing machine with a full load.
- Install low-flush toilets.
- Install low-flow shower heads.
- Use a shorter cycle on your dishwasher.
- If washing dishes by hand, fill one side of the sink with soapy water, and the other with clean.
- Change out your incandescent light bulbs to compact fluorescent energy saving bulbs, and properly recycle fluorescent bulbs, which contain mercury and are hazardous waste.
- Reduce your junk mail and ask to receive e-mails when possible.
- Insulate your home.
- Install a clean burning natural gas or propane fireplace or stove instead of wood
- Fix leaky faucets and toilets.

mow your lawn. It's also great exercise.


- Create a compost pile in your backyard for compostables from your kitchen and yard work. Visit www.projectcompost.ucdavis.edu for more information.
- Reduce the amount you water plants in cooler weather.
- Practice "grass-cycling." Leave the grass clippings on your lawn after you mow.
- Use a broom or rake rather than a leaf blower.
- Solar heat your pool or spa.
- Reduce your use of pesticides and herbicides and use organic fertilizers.
- Reduce your turf area with drought-tolerant plants.
- Plant native trees in your yard, not invasive plant species.
- Plant a garden that you can eat from.
- Water your lawn before 9am or after 7pm to minimize evaporation.
- Layer mulch on the soil surface around your plants to trap in moisture.

In the Office

- Refill your ink-jet cartridge rather than buy a new one. Most office supply stores offer this service.
- Use motion sensor switches in less-used areas of the office such as the bathroom, and storage rooms.
- Use task lighting instead of overhead lighting.
- Print everything double sided.
- When replacing office equipment, buy energy efficient models.
- Consider having employees use lap top computers since they use up to 80 percent less energy than a standard desktop computer.
 - Make sure your office uses recycling bins.
 - Turn your computers and other electronic equipment off at night and set sleep functions during the day.

On the Go

- For shorter trips, walk or ride your bike. Check out the bike map for Davis at www.cityofdavis.org/bicycles/maps.cfm
- Look into purchasing a hybrid car or electric vehicle.
- Take public transportation or carpool to work. Check out the Unitrans bus schedule at www.unitrans.com and the Yolo Bus at www.yolobus.com
- When driving, accelerate and brake slowly. Quick starts and stops decrease gas mileage.
- Avoid rush hour traffic when possible to reduce stops and starts.
- Keep your tires properly inflated to get better gas mileage.
- Using the air conditioner decreases gas mileage.
- Reducing your speed is one of the simplest ways to save energy on the road. For every one mile-per-hour above 55 mph, a vehicle loses 1% in fuel economy.
- Run your errands at one time.
- Don't start the car before you are ready to go. Adjust seat-belts and mirrors first.
- Only use your SUV when you need to haul things, transport a lot of people, or drive in the mountains. Use a smaller car when driving around town or by yourself.
- Vespas and scooters get 60-mpg or more, and they're fun!
- Get directions before you leave.
- Turn your engine off rather than idling.
- Park and go inside. Don't use the drive-through if the line is long.



Sustainability:
Doing your part

- Wash clothes and dishes with cold water when possible.
- If you have a newer dishwasher, don't rinse your dishes before loading.
- Turn off the water when brushing your teeth or shaving.
- Turn your water temperature down to 120 degrees.
- Take showers, not baths. A five-minute shower uses 7.5 gallons of hot water. Filling a bathtub uses 20 gallons.
- Don't hold the refrigerator door open. Every time it's opened, up to 30% of the cooled air can escape.
- Don't open the oven to check what you're baking. Turn the light on and look through the window to prevent hot air from getting out.
- Use lids on pots and pans to reduce cooking times, and don't put a small pan on a large burner.
- Make your own cleaning products. White vinegar and tea tree oil do the trick without using harmful chemicals in your home.
- Change your furnace filter every 1-3 months.

Around Your Yard

- Use a push or electric mower instead of a gas mower to