

101 Things You Can Do

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 101 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!

Always

1. 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
2. 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.
3. Drop your plastic grocery bags back off at the grocery store to reuse and recycle.
4. Better yet, use a canvas grocery bag! Many grocery stores will give you a small discount for using your own bag.
5. Turn off lights and appliances when you're not using them. If you leave the room for more than a few minutes, you should turn off the light.
6. Turn your thermostat down 2 degrees in the winter.
7. Turn your thermostat up 2 degrees in the summer.
8. Fans use a lot less energy than the air conditioner. Use them as much as possible in the summer.
9. Use rechargeable batteries.
10. Take your favorite mug to your favorite coffee shop. Many cafés offer a few cents off your drink purchase.
11. When your cell phone, iPod, or PDA is done charging, unplug it, and unplug the charger.
12. Buy used items when appropriate.
13. Sell, give away, or donate reusable items.
14. Buy products that use less packaging.
15. Rent or borrow items you won't use often.
16. Frequent stores with good environmental and sustainable business practices.
17. Don't pour anything down storm drains, storm drains are for rain water only!
18. Volunteer with a local agency that plants trees around town. Visit Tree Davis as www.treedavis.org
19. 'Adopt-a-Park' contact Parks and Community Services at (530) 757-5656.
20. Eat less beef. One pound of beef can take up to 36 pounds of CO₂ emissions to produce.
21. 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.
22. Pick up your pet waste and put it in the garbage. Don't leave it on your neighbor's lawn.
23. Give experiences as gifts instead of items that will go unused.

At Home

24. Line-dry your laundry as much as possible.

25. Turn off your electric blanket if you're not in bed.
26. Install skylights when possible to use natural light in your home or office.
27. When no one is home, turn the air conditioner up or the heater down.
28. Make sure your fire-place damper is shut when not in use. It will prevent warm or cool air from escaping.
29. Only run the dishwasher or washing machine with a full load.
30. Install low-flush toilets.
31. Install low-flow shower heads.
32. Use a shorter cycle on your dishwasher.
33. If washing dishes by hand, fill one side of the sink with soapy water, and the other with clean. This saves more water than leaving the faucet running.
34. Change out your incandescent light bulbs to compact fluorescent energy saving bulbs, and properly recycle spent fluorescent bulbs, they contain mercury and are hazardous waste.
35. Take a shorter shower.
36. Reduce your junk mail. Cancel subscriptions to mail outs you don't want anymore. Try to be put on an e-mail list when possible.
37. Insulate your home.
38. Install a clean burning natural gas or propane fireplace or stove instead of wood
39. Fix leaky faucets and toilets.
40. Wash clothes and dishes with cold water when possible.
41. If you have a newer dishwasher, don't rinse your dishes before loading.
42. Turn off the water when brushing your teeth or shaving.
43. Turn your water temperature down to 120 degrees.
44. Close curtains and blinds on cold days.
45. Take showers, not baths. A five-minute shower will use about 7.5 gallons of hot water, while filling a bathtub can use up to 20 gallons.
46. Don't leave the refrigerator door open. Every time it's opened, up to 30% of the cooled air can escape.
47. 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.
48. Use lids on pots and pans to reduce cooking times, and don't put a small pan on a large burner.
49. Make your own cleaning products. White vinegar and tea tree oil do the trick without using harmful chemicals in your home.
50. Change your furnace filter every 1-3 months.

Around Your Yard

51. Use a push or electric mower instead of a gas mower to mow your lawn. It's also great exercise.
52. Create a compost pile in your backyard for compostables from your kitchen and yard work. Visit www.projectcompost.ucdavis.edu for information on backyard composting and worm bins.
53. Reduce the amount you water plants in cooler weather. In the winter water your lawn even less when it rains.
54. Practice "grass-cycling." Leave the grass clippings on your lawn after you mow.

55. Use a broom to clean off sidewalks rather than a leaf blower.
56. Install water saving pool filters.
57. Solar heat your pool or spa.
58. Reduce your use of pesticides and herbicides.
59. Use a rake to gather up leaves and clipping off your lawn rather than a leaf blower.
60. Reduce your turf area with drought-tolerant plants. Davis has a Mediterranean climate so plant accordingly. Examples of good plants are fremontodendron, ceanothus, and manzanita.
61. Plant native trees in your yard.
62. Use organic fertilizers.
63. Plant a garden that you can eat from.
64. Don't plant invasive plant species.
65. Water your lawn before 9am or after 7pm to minimize evaporation.
66. Layer mulch on the soil surface around your plants to trap in moisture and reduce the amount of time you need to water.

In the Office

67. Refill your ink-jet cartridge rather than buy a new one. Most office supply stores offer this service.
68. Use motion sensor switches in less-used areas of the office such as the bathroom, and storage rooms.
69. Use task lighting instead of overhead lighting.
70. Print everything double sided.
71. When replacing office equipment, buy energy efficient models.
72. Consider having employees use lap top computers since they use up to 80 percent less energy than a standard desktop computer.
73. Turn off printers and peripherals such as monitors, copiers, and other electronic equipment when not in use. They still use energy in standby mode.
74. Make sure your office has recycling bins.
75. Always recycle reports, documents and office mail when possible.
76. If your company uses a shredding company, make sure they recycle the end product.
77. Turn your computers off at night, and sleep functions are set during the day.

On the Go

78. For shorter trips, try walking or riding your bike instead of driving. Check out the bike map for Davis at www.cityofdavis.org/bicycles/maps.cfm
79. Look into purchasing a hybrid car.
80. Consider an electric vehicle for around town.
81. Take public transportation to work. Check out the Unitrans bus schedule at www.unitrans.com and the Yolo Bus at www.yolobus.com
82. Carpool with other employees that live in your area.
83. When driving, accelerate and brake slowly, quick starts and stops decrease gas mileage.
84. Avoid rush hour traffic when possible to reduce stops and starts.
85. Keep your tires properly inflated to get better gas mileage.

86. Using the air conditioner decreases gas mileage. At lower speeds, when it's not too hot, roll down the window. On hot days on the highway keep the windows up and the air conditioner on- your car runs more efficiently that way.
87. Reducing your speed is one of the simplest ways to save energy on the road. The EPA says that for every one mile-per-hour that you drive above 55 mph, a vehicle loses about one percent in fuel economy.
88. Avoid making special trips. Plan accordingly so you can run all your errands at once.
89. One of the simplest energy saving ideas is to get in your car, adjust the mirror and fasten the seat belt, and then start the car. Millions of gallons of gasoline are wasted each day by starting the car before drivers are ready to go.
90. 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.
91. Vespas and scooters get 60-mpg or more, and they're fun!
92. If you're not sure where you are going, look up directions online, or on a map to avoid driving around aimlessly if lost.
93. If you have GPS in your car, remember to turn it off when not in use.
94. When boating, use pump out stations.
95. Turn your engine off rather than idling.
96. Park and go inside, don't use the drive through if the line is long.
97. Wash your car at a commercial carwash that recycles water.
98. Don't top off your gas tank.
100. Avoid air-travel as much as possible. Train travel is ten times more efficient than air. Visit www.amtrak.com for schedules of trains through the Davis Depot at 840 Second Street.
101. Buy Carbon Offsets, especially if you need to fly a lot.