



DEPARTMENT OF CONSERVATION

Public Affairs Office

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10 EASY TIPS TO REDUCE YOUR CARBON FOOTPRINT

1. **RECYCLE:** Recycling beverage containers is one of the easiest things people can do to reduce their carbon footprint. Recycling conserves resources and saves energy. Think about this: It takes 20 times more energy to make an aluminum can from new materials than from recycled aluminum. That's enough energy to keep a 100-watt bulb burning for almost four hours, or to operate your television for three hours.
2. **BUY RECYCLED:** "Close the loop" on recycling. Another way Californians can help reduce their carbon footprint is by purchasing goods made from or packaged in recycled material. Products manufactured from recycled material often require less energy than using virgin resources, and lower consumption results in fewer greenhouse gas emissions. Today, there are thousands of manufacturers and retailers offering great products made from recycled bottles and cans and other materials. Visit greengiftguide.com or ciwmb.ca.gov/RecycleStore/ for a list of products made from recycled materials.
3. **START A RECYCLING PROGRAM AT WORK:** Order a free "Recycling Starter Kit" for your business, school or gym from the Department of Conservation. California organizations interested in starting a beverage container recycling program to reduce their carbon footprint can receive the Recycling Starter Kit by ordering online at www.bottlesandcans.com or by calling 1-800-RECYCLE. The kit comes complete with posters, easy to follow instructions, and best of all, a beverage container recycling bin.
4. **LEAVE YOUR CAR BEHIND:** Leave your car at home at least one day a week. Try carpooling, public transportation or bicycling. Using alternative transportation one or two days a week is manageable, and getting out from behind the wheel can be relaxing. You can reduce one pound of greenhouse gas emissions by eliminating just one mile of driving.
5. **GET A TUNE UP:** Regular emissions tests and maintenance for your vehicle helps improve fuel efficiency and reduces greenhouse gas emissions. Proper tire inflation reduces fuel consumption and improves vehicle safety. Well-tuned engines can save as much as 50% more fuel, when compared to a similar, poorly tuned engine.
6. **CONSERVE ENERGY AT HOME:** Get a jumpstart on those energy-efficient home improvements you've been putting off all year. Cut your monthly energy bills 30% by replacing old equipment in your home with state-of-the-art "Energy Star" products. Turn off lights when you leave a room and keep the thermostat at 70 degrees or lower in cold weather months, 78 degrees or higher in the warm weather months. For more tips on conserving energy, visit flexyourpower.ca.gov. You can save about 3% on heating costs for every degree you reduce your thermostat setting. After a while, you probably won't even notice the temperature difference.

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7. CONSERVE AT WORK: Enable your monitor's energy saving features when in use. Turn off your computer equipment at night and at other times when it doesn't have to be left on. An LCD monitor consumes only 20-50% of the energy of a conventional CRT monitor. Want to do more? Be conservative about what documents you decide to print and change your printer settings to 2-sided printing to reduce the amount of paper you consume at the office.
8. UNPLUG IT: Unplug your cell phone charger, hair dryer, TV, lamps and other household electronics from the wall when you are not using them. Even if they are turned off, they still use small amounts of energy by being plugged into the outlet.
9. PLANT A TREE: A single tree will absorb one ton of carbon dioxide over its lifetime. Shade provided by trees can also reduce your air conditioning bill by 10-15%.
10. REMEMBER TO RECYCLE YOUR BOTTLES AND CANS AT HOME, AT WORK, AND AT PLAY: Use your curbside bin or redeem your California Refund Value beverage containers for cash at a nearby recycling center. Enter your zip code in the DOC's recycling center locator at www.bottlesandcans.com/where.php or call 1-800-RECYCLE to find a recycling center near you.

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