



# Start Protecting Your World Today

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Tips to Live With

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**ENVIRONMENTAL DEFENSE**

finding the ways that work

**FIGHT GLOBAL  
WARMING**



# Get the Kids Involved!

## Put Your Whole Family on the Low-Carbon Diet.

Global warming will affect us all. But it is our children who will inherit the planet from us. Get your kids on the right track by teaching them carbon-conscious habits as early as possible.



### Things To Do: Mom and Dad

- Remind kids to turn off lights
- Show kids how to recycle
- Take a family walk or bike ride
- Teach kids about the dangers of global warming at [www.FightGlobalWarming.com](http://www.FightGlobalWarming.com)
- Use the Carbon Calculator at [www.FightGlobalWarming.com](http://www.FightGlobalWarming.com) to set family diet goals

### Things To Do: Kids

- Always turn off lights when leaving a room
- Sort glass, metal and plastic recyclables
- Close all windows when heat or air is on
- Make sure mom and dad are sticking to their Low-Carbon Diet
- Use the Carbon Calculator at [www.FightGlobalWarming.com](http://www.FightGlobalWarming.com) to check your family's carbon weight



## How Global Warming Can Impact You

Global warming is caused when gases – primarily carbon dioxide from cars and power plants – trap heat inside our atmosphere. Most people know about global warming, but few understand the impact it will have on our planet.

Massive heat waves. Severe drought. More violent storms. These are a few of the serious threats global warming poses to our health, our safety, our economy, our future. But it's not too late to act.

## How You Can Impact Global Warming

There are dozens of practical things you can do to cut global warming pollution out of your daily routine. This *Low-Carbon Diet Kit* provides simple, effective steps you can take to protect your world today – and the world our children will inherit.

## TEN SIMPLE STEPS TO A

- 1 Replace Light Bulbs.** Perhaps the quickest way to save energy at home is by replacing standard bulbs with CFLs (see above).  
*Carbon savings: 500 lb./year*
- 2 Adjust the Thermostat.** Keep close tabs on your home's temperature. Lower it a few degrees in the winter. Raise it in the summer.  
*Carbon savings: 350 lb./year for every 2° reduction*
- 3 Check Your Hot Water Heater.** Keep your water heater below 120° and insulate your pipes. Wrap older heaters in an insulating jacket.  
*Carbon savings: 250 lb./year*
- 4 Use Less Hot Water.** Install low-flow shower heads to use less water.  
*Carbon savings: 350 lb./year*
- 5 Cook More Efficiently.** When possible, use microwaves, pressure cookers, crock pots – they're much more efficient than conventional ovens. *Carbon savings: Varies*
- 6 Limit Use of Appliances and Electronics.** Wash clothes in cold or warm water, not hot. Run only full loads when washing clothes and dishes. Turn off electronics when not in use.  
*Carbon savings: 450+ lb./year*




## CARBON-CONSCIOUS PRODUCT SPOTLIGHT:

### Compact Fluorescent Light Bulbs (CFLs)

CFLs last up to 13 times as long as standard incandescent bulbs. Use these tips to choose the right CFL for you:

- 1 Start with one bulb** to ensure the kind of light you want. Look for bulbs labeled “2700° Kelvin” or “warm-white.”
- 2 Know your watts.** CFLs emit more light at lower wattages. To replace a standard 40 watt bulb, buy a 11-14 watt CFL. For a standard 150 watt bulb, a 38-42 watt CFL will do the trick.
- 3 Measure before buying.** Some larger CFLs may not fit smaller lamps. Measure your shade before making a purchase.

## LOW-CARBON LIFESTYLE

- 7 Stop Air Leaks.** Plug air leaks in windows and doors to increase energy efficiency up to 30%.  
*Carbon savings: 650 lb./year*
- 8 Fully Insulate Your Home.** Cut carbon and reduce your heat bill by 25% by insulating attics, pipes, ductwork and flooring.  
*Carbon savings: 2,000 lb./year*
- 9 Keep Your Car Tuned Up.** Tuning up your car can save you hundreds of gallons of gas. So align those wheels, inflate those tires, check that engine and mind the spark plugs, sensors, filters, hoses and belts.  
*Carbon savings: 28 lb./gallon of gas saved*
- 10**  **Recycle, Recycle, Recycle.** Sorting glass, plastic, batteries and other recyclables costs you nothing, but saves you considerably.  
*Carbon savings: 1,200 lb./year*

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