

Average household reduction of CO2 emissions: 300 pounds a year

How

Anytime you can use your microwave instead of your stovetop or oven, do it! Be sure to microwave in non-plastic materials to avoid leeching dangerous toxins into your food and water. Also, keep your microwave clean to keep it working better and to cut down on energy use.

Why

Microwaves are more energy efficient than either stovetops or ovens, so using it more will reduce your energy costs. If every person in North America used microwaves only, we would save in a year the amount of energy that all of Africa uses in the same time.

Microwave energy can instantly penetrate food to a depth of about an inch. That rapid heating generally means that the food retains more of its vitamins than it does when it's boiled, steamed or baked, according to the New York Times.