

Average household reduction of carbon emissions: 2,142 pounds a year

How

This is one of the more expensive steps, but it can pay for itself within about 5 years. Conduct an energy audit to determine what kind of insulation you have and at what R-value (link to faq). You can do this [yourself](#) or hire a [professional](#). Once you know how insulated your attic is, make plans to correct your insulation, if needed. You can find information on types and methods of insulation at [U.S. Department of Energy's Consumer Guide](#). The [Kansas City Home Performance Network](#) program of the [Metropolitan Energy Center](#) is available to help homeowners make energy efficient changes like this one. Call 816-835-7593 or e-mail energy@kcenergy.org for more information. Also, some cities are beginning to offer low-interest loans for energy efficiency and [tax credits](#) may be available.

If you're a renter, get with other residents and ask your landlord to upgrade the insulation in your unit. Be sure to point out the benefits: they will save money in energy costs, help residents be more comfortable and reduce air pollution from power plants.

Why

Because warm air rises, heat loss is one of the greatest sources of energy efficiency in a home. The first line of defense is insulating your attic floor. Insulating your attic to R38, or R50 if you have an electric heater, is not that hard, and delivers a good bang for the buck, saving an estimated 2,142 pounds of carbon every year.

FAQ

What does R50 mean? What is an R-value?

An R-value indicates insulation's resistance to heat flow. The higher the R-value, the greater the insulating effectiveness.

What kind of insulation is best?

The density of insulation, not its volume, is the best indicator of its performance. For more information, consult the [U.S. Department of Energy's Consumer Guide to Insulation](#)

So far, **703** people have committed to reducing their carbon output.

For a total of **5,256,014** pounds in one year!

Have you pressed the Green Button?

[Make](#)

