

FIVE GREEN STEPS PLEDGE ITEMS

Item	CO2 Pounds Saved Per Year
Carpool or public transit two days per week	2,500
Change all bulbs to compact fluorescents (CFL's)	566
Set thermostat 68 degrees max. winter, 78 degrees in Summer	553
Wash laundry in cold water	327
Give up bottled water	216
Insulate attic to R50	2,142
Insulate basement	1,148
Eat one less meat meal per week	1,040
Recycle paper, glass and #1 & #2 plastics	1,000
Use canvas bags instead of paper or plastic	780
Air dry laundry	780
Weatherize doors/windows	621
Plant a tree	1,600
Unplug extra appliance (fridge or freezer)	448
Microwave more than cook top	300
Unplug TV, DVD, computer except during use	283
Inflate tires monthly	250
Insulate water heater	263
Lower water heater to 120 degrees	214
Drive as if you have no brakes	2,500
Use low-flow shower head	450
Build a rain barrel	214
Stop Using drive-through windows	57

