25 Steps Under $25 to Lower Emissions

(bold entries have greatest impact)

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| **ELECTRICAL SOURCE** | **CO2 REDUCTION PER YEAR** |
| **\*Switch from JCP&L to lower cost 100% renewable supplier (JCP&L continues to bill monthly for grid maintenance; the new supplier is shown separately on the same bill; the total monthly bill is less)** | **4,320 pounds** |
| **LIGHTING** |  |
| Turn off the lights in unused rooms. | 380 pounds |
| Buy energy-efficient LED bulbs for the lights you use most. They last 10x longer and have no mercury. | 193 pounds per bulb |
| Replace your halogen lamp with an LED lamp. Saves on air conditioning as well, LEDs are 90% cooler than halogen | 475 pounds |
| Replace holiday decorations with LED bulbs | 122 pounds per season |
| **APPLIANCES & GADGETS** |  |
| Unplug and recycle old or rarely used refrigerators. | 2,500 pounds |
| Allow laundry items to air-dry after washing | 200 pounds for every dryer load reduced per week;  780 pounds for the entire summer;  1,400 pounds if year round |
| Cut your phantom electric loads in half by installing surge protectors for computers, copier, fax machine, printer, TV, etc. and turning off your office equipment when you’re not using it. Make sure sound systems and projectors are turned off when not in use. | 260 pounds  (Phantom loads account for 6% of our nation’s electrical use.) |
| Run dishwasher only with a full load and use the “energy-saving” setting to dry dishes. Or don’t use heat when drying, just open the door to air dry | 200 pounds per year |
| Use non-motorized lawn and garden care equipment. Using other traditional non-electric tools will also make a contribution to energy savings. For example use a rake to collect leaves, a shovel for snow | At least 100 pounds a year |
| **COOLING & HEATING** |  |
| **Ask your utility for a $49 building energy audit to find out how to improve your building’s efficiency. Join the “Club” of Middletown residents to share tools & insights. Email** [**stevemiller@comcast.net**](mailto:stevemiller@comcast.net) **(Climate Reality Leader, Sierra Club Climate Chair)** | **Potentially thousands of pounds of CO2  Become eligible for rebates on improvements** |
| **Don’t overheat or overcool rooms. Adjust thermostat lower in winter and higher in summer. Close curtains to block sunlight in summer** | **500 pounds for each 2 degree adjustment** |
| Clean or replace air filters as recommended. Cleaning a dirty air conditioner filter can save 5% of the energy used | 175 pounds |
| **Install programmable thermostats to automatically adjust temperatures** | **600 pounds** |
| **Caulk and weather-strip around doors and windows to plug leaks (use $49 energy audit to determine sources of leaks)** | **Up to 1350 pounds** |
| **WATER** |  |
| Reduce shower time by 5 minutes. Showers account for 2/3 of water heating costs | 250 pounds per person |
| **Instead of washing laundry items in hot water, wash them in cold** | **500 pounds by using cold water washing two loads a week** |
| **Turn down water heater’s thermostat to 120 degrees. Think about installing a programmable thermostat on water heater** | **500 pounds for each 10 degrees adjustment** |
| Install low-flow showerheads to use less hot water | Up to 300 pounds a year |
| Install low-flow faucet aerators. 1.0 gal/min is best | 20 pounds per faucet |
| **GETTING AROUND** |  |
| Whenever possible, walk, bike, carpool, or use mass transit | 20 pounds for every gallon of gas saved |
| Check the inflation in vehicle tires monthly to increase fuel efficiency | 250 pounds |
| Change vehicle air filters according to the car manual | 200 pounds |
| **REDUCE, REUSE, RECYCLE, ROT** |  |
| Reduce purchases - share, swap, buy used - it’s hip! Reduce packaging - buy food in bulk. Reduce food waste - eat your leftovers or freeze them for later. Reuse - choose reusable products rather than disposable Recycle what you cannot reuse and Rot the rest (compost | 100 pounds a year for every gallon of garbage per week reduced |
| Be alert, and utilize energy reduction/efficiency offers from JCP&L and NJNatural Gas |  |

SOURCES: . Cool Congregations is a program of “Interfaith Power & Light”. More info at [www.CoolCongregations.org](http://www.CoolCongregations.org)   
\*<https://www.eia.gov/electricity/state/newjersey/> 527 lbs of CO2 per MWh electricity used in NJ  
\*<https://www.electricchoice.com/blog/electricity-on-average-do-homes/> 8.2MWh used by avg NJ house  
**\*TOTAL EMISSIONS FROM AVG NJ House**: 527 lbs of CO2/MWh \* 8.2MWh/year = 4,320 lbs CO2/year

**Go Electric!** switch all appliances to electric. Choose 100% renewable electricity for your home

Directions to Switch Electrical Supplier: <http://electric.smiller.org>

Join “Middletown for Clean Energy”: <http://climate.smiller.org>

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