



Action List

Buildings

Lighting:

- Turn off lights when leaving a room.
- Use **natural light** as much as possible
- Change incandescent light bulbs to **compact fluorescent**.
- Use **Solar Lights** for your patio or walkway instead of electric.
- Switch to Green Energy
- Purchase Green Renewable Energy Certificates

Heating and Cooling

- Close blinds, curtains or shades** during hot days or cold winter nights.
- Close all windows and doors** in the house when the AC or heating is on.
- Use **a programmable thermostat** and program it to be 5 degrees lower at night and when the house is empty for 3 hours or more.
- Increase my AC thermostat** in the summer.
- Set my heating thermostat down** in the winter.
- Add shade** to room AC units if they are in the sun.
- Turn off the AC** in the spring and fall and **use window fans**.
- Clean or replace** AC unit filters.
- Have a **technician clean coils and tune up** the central AC every 3 years.
- Install shading devices** such as trellises or awnings to avoid heat build-up.
- Weatherize your home:**
 - Add **extra insulation** to your walls and attic.
 - Install **weather stripping** or caulk around doors and windows.
 - Locate and **seal indoor air leaks** by checking electrical outlets, window frames, baseboards, fireplaces, attics, cupboards, and places where plumbing and wiring enter the building.
- Switch to double pane windows** if replacing windows
- Plant deciduous trees** on the south side of your home to provide shade and cut air conditioning costs
- Close the damper** in my chimney when the fireplace is not in use.
- Replace 15-year-old AC units** with high efficiency models.

Appliances

- Put electronics** on a **power strip** and turn them off at the switch when not in use.
- Unplug** un-used electronics.
- Turn computers, printers, and monitors off** when not in use, disable screensavers, and use a "smart" power strip to turn off peripherals.
- Use the **Blackle Search Engine** (www.blackle.com) Blackle saves energy because the screen is predominantly black and it's still powered by Google.

- Wash clothes in **cold water**.
- Use a clothes line** for drying.
- Install **low flow shower heads**.
- Limit showers to **5 minutes or less**.
- Unplug or dispose** of a refrigerator or freezer that is not consistently used.
- Keep your **water heater thermostat no higher than 120°F**.
- Use the **energy-saving settings on your dishwasher** and let the dishes air-dry.
- Use your oven judiciously**
- Defrost refrigerators and freezers** for greater efficiency.
- Use energy-efficient products**.
- Ask your utility company for a **home energy audit** to find out where your home is poorly insulated or energy-inefficient.
- Replace a 15-year-old refrigerator** with a more efficient model.
- Replace a 20+ year old furnace** with a high efficiency model.
- Replace a 20 year old boiler** with a high efficiency condensing boiler
- Replace water heater** with the most efficient model.

Transportation

- Get better gas mileage – and save up to 30%:**
 - Drive a stick shift.**
 - Shift slow and low.**
 - Use cruise control.** If you have a manual transmission, the car will not be able to downshift you to slow down as you go down a hill. It will simply keep you at speed to ascend and then let off the gas as you go back down. In an automatic, your car will slow you down on purpose, so you want to disable your cruise control in hilly areas and do it yourself.
 - Drive the speed limit.**
 - Stop using the brake** to slow down. Scan and be aware of upcoming stops so that you can let off of the gas to slow to a stop.
 - Coast.** It's all about paying attention to the road and letting your momentum do all the work.
 - Empty the car of junk.** Why haul around things you don't need? Lightening your load will help increase fuel efficiency.
 - Change your oil** every 3000 miles, and be sure to get **the thinnest oil** available.
 - Check your tire pressure.** Proper tire pressure makes your tires more responsive in dangerous situations, and doesn't waste energy on friction from excess contact.
- Drive vehicle less each week by **walking, biking, and combining trips**.
- Drive less each week by **carpooling, taking public transport, or telecommuting**.
- Utilize shared car services**, such as ZipCar.
- Replace vehicle** with a fuel efficient model.
- Reduce airplane travel**.
- Use free videoconferencing services** where possible.

Going Local

- Support **local organic food growers** at local farmer's markets.
- Look for recreation and vacation possibilities closer to home to **cut down on air travel or long car trips**.

Reducing Consumption

- Use **re-usable alternatives to disposable products**; if you must use disposable, recycle.
- **Use less wrapping paper, consider re-gifting, or give energy efficient items.**
- Use services like **Freecycle.com and Cragislist** to find or to give away used items.
- **Eat less meat.** Consider eating 2 vegetarian meals a week. Producing meat is very energy intensive.
- **Recycle your clothes.** Donate your clothes to Goodwill or Church organizations or share them with friends.
- **Purchase clothes from thrift shops.**
- Reduce plastic and energy waste by **avoiding bottled water and other plastic bottles.**

Involving and Building Community

- **Encourage friends, neighbors, and colleagues** to increase their energy efficiency and **take the Cool Rochester Challenge.**
- **Support renewable energy** through your utility.
- **Buy carbon offsets or renewable energy credits** (also known as green tags). Carbon offsets enable individuals and businesses to reduce the CO2 emissions they are responsible for by offsetting, reducing or displacing the CO2 in another place, typically where it is more economical to do so.
- **Invest responsibly**, encouraging development of renewable energy.
- Make sure that public buildings are models of energy efficiency and **encourage the incorporation of energy efficiency techniques** in community construction or remodeling projects.
- Urge your local library, businesses, and church or synagogue **to install bike racks.**
- **Promote community carpooling plans** and the construction of bike lanes and sidewalks.
- Encourage your local electric utilities to **promote energy efficiency and the use of clean, renewable energy sources.**
- **Write to your local newspaper** about the **Cool Rochester Challenge and actions individuals can take.**
- **Ask your governors, state legislators, and public utility regulators** to commit to the Cool Rochester Challenge
- Tell government officials that you want them to **push industry to protect the future health of the environment** by reducing carbon emissions through the Cool Rochester Challenge.