

25 Steps Under \$25

LIGHTING	CO ₂ Reduction
I. Turn off the lights in unused rooms.	380 pounds a year.
2. Replace incandescent bulbs with LED bulbs. They are 80% more efficient and last 10x longer.	193 pounds a year per bulb.
3. Replace outdoor incandescent holiday lights with LED bulbs.	122 pounds a season for one string of lights.
4. Replace your halogen lamp with an LED one. Saves on air conditioning costs as well, LEDs are 90% cooler than halogen.	125 pounds a year.
HOME APPLIANCES & GADGETS	
5. Unplug and recycle old or rarely used refrigerator.	2,500 pounds a year.
6. Allow laundry items to air-dry after washing.	200 pounds a year for every dryer load reduced per week. 780 pounds a year for the entire summer.
	I,400 pounds a year if year- round.
7. Cut your phantom electric loads in half by installing surge protectors for your TV/stereo and turning off your office equipment when you're not using it. Phantom loads account for 6% of our nation's electrical use.	500 pounds a year.
8. 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 a year.
9. Boil water for your daily cup of tea in an electric kettle rather than on the stovetop. Only boil as much as you need. Boil pasta water too and save more.	56 pounds a year.
HOME HEATING & COOLING	
10. Ask your utility for a home energy audit to find out how to improve your home's efficiency. These audits are usually free and make you eligible for rebates on improvements.	Potentially thousands of pounds a year.

II. Don't overheat or overcool rooms. Adjust thermostat lower in winter and higher in summer.	500 pounds a year for every 2 degree adjustment.
I 2. Clean or replace your air filters as recommended. Cleaning a dirty air conditioner filter can save 5% of the energy used.	175 pounds a year.
I 3. Install programmable thermostats to automatically adjust temperatures. Some utilities do this for a discount or free.	600 pounds a year.
I4. Caulk and weather-strip around doors and windows to plug air leaks.	Up to 1,350 pounds a year.
WATER	
I5. Reduce your shower time by 5 minutes. Showers account for two-thirds of water heating costs.	250 pounds a year per person.
16. Instead of washing laundry in hot water, wash in warm or cold.	500 pounds a year for every two loads a week reduced.
17. Turn down your water heater's thermostat. 120 degrees is hot enough.	500 pounds a year for every 10 degree adjustment.
18. Install low-flow shower heads to use less hot water.	Up to 300 pounds a year.
19. Install faucet aerators.	20 pounds a year per faucet.
20. If your water heater is 8 years old, or more, wrap it in an insulating jacket. Ask your utility to check if it needs one.	Up to 1,000 pounds a year.
GETTING AROUND	
21. Whenever possible, walk, bike, carpool, or use mass transit.	20 pounds for every gallon of gas saved.
22. Check the inflation in vehicle tires monthly to increase fuel efficiency.	250 pounds a year.
23. Change vehicle air filters according to owner's manual.	200 pounds a year.
REDUCE, REUSE, RECYCLE	
24. Reduce waste by recycling.	100 pounds a year for every gallon per week reduced.
25. Reduce waste by composting, buying minimally packaged goods, choosing reusable products, using cloth grocery bags, and buying food in bulk.	100 pounds a year for every gallon per week reduced.

References: Environmental Defense, Rocky Mountain Institute, TenPercentChallenge, National Catholic Rural Life Conference, Seattle City Light, Tides Foundation/StopGlobalWarming.

OTHER IMPORTANT STEPS

- Reduce waste and promote energy efficiency at your congregation, school or workplace. Work
 within your community to set up recycling programs. 4 pounds of CO2 are reduced for every pound
 of office paper recycled.
- Attend Iowa IPL's Food Faith Climate: Connecting the Dots workshop to learn how to reduce the carbon emissions associated with our food choices.
- Support the development of renewable energy sources from your local electric company!

Cool Congregations is a program of Iowa Interfaith Power & Light. www.iowaipl.org
For more information contact programs@iowaipl.org



25 Steps Over \$25

While the US accounts for only 4% of the world's population, we generate nearly 30% of the world's CO2 emissions. The good news is that we can use the smarts of our technologies to bring that percentage down. It just takes a little investment up front. Fortunately, many of these options will pay for themselves in less than 5 years and save you money in the long run.

LIGHTING	CO ₂ Reduction
I. Replace all your incandescent bulbs with LED bulbs. The typical home has more than 40 bulbs. Lighting accounts for 20-30% of a typical electric bill. CO2 savings based on 5hr/day use.	193 pounds a year per bulb.
2. Replace outdoor incandescent holiday lights with LED bulbs.	Up to 1,220 pounds a season for 10 strings of lights.
HOME APPLIANCES & GADGETS	
3. Replace your 10-year-old refrigerator with a new ENERGY STAR model.	2,300 pounds a year.
4. Replace your 10-year-old clothes washer with new ENERGY STAR model.	850 pounds a year.
5. Replace your less than 10-year-old clothes washer with a new ENERGY STAR model.	475 pounds a year.
6. Replace your clothes dryer with a new ENERGY STAR model.	500 pounds a year.
7. Rather than a Set Top Box with DVR for each television in your home, use an Energy Star multi-room thin-client device.	Up to 980 pounds a year per STB/DVR removed.
8. Replace your old TV with a new ENERGY STAR model.	65 pounds a year.
HOME HEATING & COOLING	
9. Upgrade air conditioning from a 9.0 to a 14.0 SEER model.	1833 pounds a year.
10. Add or improve the Insulation of your walls and ceilings. This can save about 25% on home heating bills.	Up to 2,000 pounds a year.
II. If you need a new furnace, install a new ENERGY STAR model.	2,000 pounds a year.
12. Have your furnace tuned-up every year.	300 pounds a year.

13. If you need to replace your windows, install the best energy-saving models.	Up to 10,000 pounds a year.
14. Plant trees next to your home. Evergreens to the north and west for cold winds, deciduous trees to the south and west for shade.	About 2,000 pounds a year.
I 5. Add air-gap window films to seal leaky windows in winter or add low-e films.	400 and 380 pounds a year, respectively.
16. Add insulation to your basement.	750 pounds a year.
17. Seal and insulate warm air heating ducts.	800 pounds a year.
WATER	
18. Replace your standard electric hot water heater with an "on demand" hot water system.	3,600 pounds a year.
19. Add solar hot water heating system.	2,000 pounds a year.
GETTING AROUND	
20. When you buy a car, choose one that gets good gas mileage.	About 1,900 pounds a year for a 10 mpg improvement.
21. Buy a hybrid car. The average driver saves \$800 a year in gas costs in switching from average car that gets 24 mpg.	About 5,700 pounds a year.
22. Get an engine tune-up every year and regularly check your tire pressure.	1,500 pounds a year.
RENEWABLE ENERGY	
23. Install geothermal heating and cooling system.	Up to 13,000 pounds a year.
24. Install a solar electric system to replace 100% of your annual electric needs.	Up to 14,300 pounds a year.
25. Buy or lease an electric car, powered by solar panels.	Up to 12,000 pounds a year.

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- Attend Iowa IPL's Food Faith Climate: Connecting the Dots workshop to learn how to reduce the carbon emissions associated with our food choices.
- Support the development of renewable energy sources from your local electric company!
- Invest in businesses advancing alternative energy sources or helping in other ways to address climate change issues.