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## Energy Use

- Alternative energy: solar/ geothermal/ purchase wind from your energy company.
- Purchase Energy Star appliances (refrigerator, dishwasher, washer/dryer, water heater, dehumidifier) and high efficiency furnace, air conditioner, and windows.
- Get programmable thermostat. Lower thermostat in winter; raise it in summer.
- Clean/ replace filters for all appliances especially furnace regularly.
- Replace all incandescent light bulbs with LED bulbs.
- When not in use, turn off lights, TV, computer, appliances. Prefer natural light.
- Turn off TV, computer, microwave, etc. at the strip/plug.
- Run full loads in dishwasher, washing machine, and dryer. Use short cycles/clothes line.
- Set refrigerator at 36F to 42F, freezer at -5F to +6F, and water heater at 120F.
- Use cold or warm water when washing clothes; rinse in cold water.

## Water Use

- Do not let water run while doing tasks.
- Install low-flow shower heads and faucet aerators.
- Repair faucet leaks and toilet runs immediately.
- Take a short shower rather than a bath, and shower less often.

## Food

- Buy local produce and products.
- Buy only what you will consume, and then use all you buy.
- Eat fewer (or no) meat meals each week.

## Paper Use

- Use recycled, post-consumer paper products for kitchen, bathroom, and cleaning.
- Use electronic media rather than paper.

## Reduce / Recycle / Reuse

- Avoid use of paper, plastic, and Styrofoam in plates, cups, and utensils.
- Recycle glass, tin, plastic, newsprint, mixed paper, cardboard, etc.
- Recycle batteries, printer cartridges, cell phones, plastic bags.
- Buy products with less packaging.
- Compost food scraps and lawn clippings.

## Travel

- Purchase high mileage car. Maintain engine/tire pressure. Do not idle if on gas.
- If flying is absolutely necessary buy carbon offsets.
- Where feasible walk, bicycle, carpool or use public transit.

**Ready to have an even greater impact? Check out the full list of POP Creation Care action items:**

**<https://iccsmtc.blogspot.com/p/steps-we-can-take.html>**