

“What-Can-I-Do?” Checklist

Reduce, Reuse, Recycle

Check	Item	Comment
HOME/CAR		
	turn off the lights when not needed	Mama told me to!!
	take a shower rather than a bath	1/5 the energy of a bath; less water
	invest in a low-flow showerhead/toilet	less water used
	unplug your phone charger	Did you know that many electronics continue using energy even when powered down? Charger, television, printer, etc. Use a power strip to easily unplug these electronics when not in use.
	power down your computer when away; turn it off at night	a computer turned off uses 65% less energy than a computer left on or idle on a screen saver
	wash clothes in cold water	90% of the process is heating the water
	use washer and dishwasher only when full	
	filter your own water	tap water is just as good as bottled water
	replace your incandescent light bulbs as they burn out	CFLs and LEDs use far less energy and last longer
	replace old single-glazed windows with double-glazing	best: wooden-framed, double-glazed with low-emission glass and filled with argon gas
	install a programmable thermostat	automatically raise/lower heat or A/C
	move thermostat ↓2° in winter and ↑2° in summer	can save approximately 2,000 pounds of CO ₂ a year
	clean or replace furnace and A/C filters annually	can save 350 pounds of CO ₂ a year
	insulate and weatherize your home	
	choose energy efficient new appliances	look for Energy Star labels
	wrap your H ₂ O heater in an insulation blanket	
	cover your pots when cooking	
	compost vegetable and fruit waste	reduce garbage to landfill and produce excellent garden soil
	use reusable shopping bags; avoid plastic	
	plant trees	absorb some of the CO ₂ from our use of fossil fuels
	reduce beef and dairy	cows produce large amounts of methane
	buy local – support farmers’ markets	transporting food adds to carbon emission
	avoid packaging	adds to cost of item
	walk, bike, carpool, take mass transit	reduce the number of miles you drive
	keep your car tuned up	helps improve fuel efficiency and reduces emissions
	check tire inflation	can increase fuel efficiency

	change your driving style	speeding and unnecessary acceleration can reduce mileage by 33%, waste gas and money, and increase CO ₂ emission
	avoid heavy traffic; combine errands to make fewer trips; remove excess weight from your car; use cruise control when you can	
WORK		
	encourage your school or business to recycle	
	encourage composting vegetable and fruit waste	
	use the retrofit lighting project at the Mount as an example to establish a program to replace incandescent light bulbs with LEDs	shown to be one of the most effective ways to cut electricity usage
CHURCH		
	use the retrofit lighting project at the Mount as an example to establish a program to replace incandescent light bulbs with LEDs	shown to be one of the most effective ways to cut electricity usage
	encourage your church, school, rectory, convent to recycle	
	encourage composting vegetable and fruit waste	
	organize!	
LOCAL COMMUNITY/NEIGHBORHOOD		
	participate in the local recycling program	if there isn't one, organize!!
	participate in local gardening or tree planting projects	if there aren't any, organize!!
	use the retrofit lighting project at the Mount as an example to establish a program to replace incandescent light bulbs with LEDs	shown to be one of the most effective ways to cut electricity usage