

# 10 things you can do to combat Global Warming

- 1. Walk, Bike (run, skate, move yourself!)**

Get out of your car! Walking or cycling is much better for our planet's health (and your own) than even driving a hybrid or an electric vehicle. Even if it's just a couple trips a week you will be making a big difference.
- 2. Ride the bus to work (or carpool)**

Try the bus out. Make a commitment to use public transportation at least once a week. You can even ride your bicycle to your nearest bus stop to make your commute easier. Most buses are equipped with bicycle racks on the front of the bus. Post a message on your company bulletin board to carpool with a colleague. Even carpooling once or twice a week helps. For information and route maps visit [www.mta.net](http://www.mta.net).
- 3. Change a Light Bulb**

Wherever practical, replace regular light bulbs with compact florescent light (CFL) bulbs. CFL's last 10 times longer than incandescent bulbs and use two-thirds less energy. If you do not like the color light the bulb gives off—replace bulbs in areas where it does not matter - such as in closets, your garage, or storage spaces. Even changing just 1 bulb can have a significant impact. If every U.S. family replaced one regular light bulb with a CFL, it would eliminate 90 billion pounds of greenhouse gases, the same as taking 7.5 million cars off the road.
- 4. Reduce, Reuse, Recycle**

Reduce waste by choosing reusable products instead of disposables. Buying products with little packaging (including the economy size when that makes sense for you) will help to reduce waste. Take advantage of West Hollywood's curbside recycling program and our multi-family recycling. If there isn't a recycling program at your workplace or school, ask about starting one. By recycling half of your household waste, you can save 2,400 pounds of carbon dioxide annually. Call (323) 848-6404 for more information.
- 5. Use Less Heat and Air Conditioning**

Add insulation to your walls and attic. Installing weather stripping or caulking around doors and windows lowers your heating costs by more than 25 percent (reducing the amount of energy used to heat and cool your home). Turn down the heat while you're sleeping at night or away during the day, and keep temperatures moderate at all times. Setting your thermostat just 2 degrees lower in winter and higher in summer could save about 2,000 pounds of carbon dioxide each year.
- 6. Plant a tree**

Planting the right trees around your home or in the parkway can help shade your home and reduce your energy usage during our hot summers. Deciduous trees, or "canopy trees" have this effect (Palms do not). Trees also beautify your home and can raise your property value. Most importantly, trees clean our air and make our neighborhoods healthier.
- 7. Buy a fuel efficient car (or hybrid vehicle)**

Buying a new car may be one of the biggest environmental decisions you will make. A fuel efficient vehicle will save you money and pollute less than larger, heavier vehicles. If you can, buying a hybrid will significantly reduce the amount of greenhouse gases that you are putting into our atmosphere.
- 8. Buy local goods and products**

Whether it's getting the food you eat from your local farmer's market, or the clothing on your back, buying locally not only supports our local economy but it also can save thousands of pounds of CO2 that are emitted by shipping and transporting of goods made overseas.
- 9. Inflate your tires**

Keep the tires on your car adequately inflated. Check them monthly. Save 250 lbs. of carbon dioxide and \$840 per year.
- 10. Change the AC Filter**

Clean or replace dirty air conditioner filters as recommended. Save 350 lbs. of carbon dioxide and \$150 per year.