



Choose one or more actions in each of the four areas below to begin reducing your energy use.

AT HOME

Weatherize:

- Insulate ceiling and attic space
- Wrap your hot water heater
- Patch leaks in duct work
- Seal off draft-producing leaks in doors and windows

Buy energy-efficient appliances and lights:

- Heating and air conditioning system
- Water heater
- Washing machine and dryer
- Dishwasher
- Refrigerator and freezer
- Televisions
- Computer systems
- Low-flow showerheads
- Indoor and outdoor lighting (CFLs and LEDs)
- Electric or “reel” lawn mower instead of gas, or replace grass with no-mow plants

Use energy-saving settings and regularly maintain your heating/air conditioning system:

- Turn down the heat on your water heater
- Turn down the heat in winter
- Turn down the cooling in summer
- Do the laundry in cold water
- Replace the filter on your heating and AC system regularly
- Avoid running big appliances during peak energy demand times, such as hot summer afternoons
- Produce your own clean energy by installing solar collectors or a wind turbine

DURING TRAVEL

If you drive, do it efficiently:

- Buy an energy-efficient vehicle
- Buy low rolling resistance tires
- Maintain the vehicle for maximum fuel efficiency (tires fully inflated; routine auto maintenance)
- Accelerate slowly and drive within the speed limit
- Car pool
- Combine several errands into one trip

Use other forms of local transportation:

- Take public transit, walk or bike
- Telecommute when possible

Find alternatives to flying:

- Take a train – or bus – rather than a plane
- For business, if possible, meet via web-conference
- For holidays, vacation in Maryland instead of going somewhere else

MAKING PURCHASES

- Sign up for clean, renewable sources of electricity – like solar and wind – through your utility provider, if it is an option in your area
- Buy less, but buy high quality products that last
- Choose more fruits, vegetables and grains, and less red meat

SPREAD THE WORD

- Tell your family members, friends and neighbors about the actions that you are taking
- Encourage the companies you buy from to reduce their fossil fuel use and provide sustainably produced options
- Contact your local government officials to ask them to reduce fossil fuel use – and energy waste – in city/county agencies and buildings



Effective Actions for Individuals and Families

REDUCING ENERGY USE