



**Cool
Congregations**

25 Steps Under \$25

Who said you have to spend a lot of dough or shiver in the dark to better care for the earth? We didn't! We think Mother Nature wants us to be smart *and* comfortable. By using power more efficiently, we reduce our carbon dioxide emissions, slow down the pace of climate change, and even save money. Some use those savings to invest in our second list, **25 Steps Over \$25**.

LIGHTING	CO ₂ Reduction
<input type="checkbox"/> 1. Turn off the lights in unused rooms.	380 pounds a year.
<input type="checkbox"/> 2. Buy energy-efficient compact fluorescent bulbs for the lights you use most. They cost about \$2 per bulb	180 pounds a year per bulb.
<input type="checkbox"/> 3. Replace your halogen lamp with a compact fluorescent one.	475 pounds a year.
<input type="checkbox"/> 4. Light your Christmas tree with LED lights rather than incandescent bulbs.	122 pounds a season.
HOME APPLIANCES & GADGETS	
<input type="checkbox"/> 5. Unplug and recycle your old downstairs refrigerator.	2,500 pounds a year.
<input type="checkbox"/> 6. Hang your clothes to dry, rather than using the dryer. There are all kinds of racks available for indoors and outdoors.	200 pounds a year for every dryer load reduced per week.
	780 pounds a year for the entire summer.
	1,400 pounds a year if year-round.
<input type="checkbox"/> 7. Cut your phantom electric loads in half by installing surge protectors for your TV/stereo and turning off your home office equipment when you're not using it. Phantom loads account for 6% of our nation's electrical use.	500 pounds a year.
<input type="checkbox"/> 8. Run your dishwasher only with a full load and use the "energy-saving" setting to dry your dishes. Or don't use heat when drying, just open the door to air dry.	200 pounds a year.
<input type="checkbox"/> 9. Use a manual push mower. The blades must be sharpened every 2 to 3 years.	80 pounds a year.
HOME HEATING & COOLING	
<input type="checkbox"/> 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 <i>thousands</i> of pounds a year.
<input type="checkbox"/> 11. Don't overheat or overcool rooms. Adjust your thermostat lower in winter and higher in summer.	500 pounds a year for every 2 degree adjustment.



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

<input type="checkbox"/>	12. 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.
<input type="checkbox"/>	13. Install programmable thermostats to automatically adjust temperatures.	600 pounds a year.
<input type="checkbox"/>	14. Caulk and weather-strip around doors and windows to plug air leaks.	Up to 1,350 pounds a year.
WATER		
<input type="checkbox"/>	15. Reduce your shower time by 5 minutes. Showers account for two-thirds of water heating costs.	250 pounds a year per person.
<input type="checkbox"/>	16. Instead of washing clothes in hot water, wash them in warm or cold.	500 pounds a year for every two loads a week reduced.
<input type="checkbox"/>	17. Turn down your water heater's thermostat. 120 degrees is hot enough.	500 pounds a year for every 10 degree adjustment.
<input type="checkbox"/>	18. Install low-flow shower heads to use less hot water.	Up to 300 pounds a year.
<input type="checkbox"/>	19. Install faucet aerators.	20 pounds a year per faucet.
<input type="checkbox"/>	20. If your water heater is 5 years old, wrap it in an insulating jacket.	Up to 1,000 pounds a year.
GETTING AROUND		
<input type="checkbox"/>	21. Whenever possible, walk, bike, carpool, or use mass transit.	20 pounds for every gallon of gas saved.
<input type="checkbox"/>	22. Check the inflation in your tires monthly to increase fuel efficiency.	250 pounds a year.
<input type="checkbox"/>	23. Change your vehicle's air filter according to owner's manual.	200 pounds a year.
REDUCE, REUSE, RECYCLE		
<input type="checkbox"/>	24. Reduce waste by recycling.	100 pounds a year for every gallon per week reduced.
<input type="checkbox"/>	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 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.
- *Buy Fresh, Buy Local, and Buy Organic.* The chemicals used in modern agriculture pollute the water supply and require energy to produce.
- Reduce meat consumption to prevent harmful methane gases from entering the atmosphere.
- Invest in businesses advancing alternative energy sources or helping in other ways to address climate change issues.



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



**Cool
Congregations**

25 Steps Over \$25

Money burning a hole in your pocket? We didn't think so, but what better way to douse your burning conscience than investing in some of the steps below. 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
<input type="checkbox"/> 1. Buy energy-efficient compact fluorescent bulbs for the lights you use most. They cost about \$2 per bulb	180 pounds a year per bulb.
<input type="checkbox"/> 2. Replace outdoor incandescent holiday lights with LED bulbs.	Up to 1,220 pounds a season for 10 strings of lights.
HOME APPLIANCES & GADGETS	
<input type="checkbox"/> 3. Replace your 10-year-old refrigerator with a new ENERGY STAR model.	2,300 pounds a year.
<input type="checkbox"/> 4. Replace your less than 10-year-old refrigerator with a new ENERGY STAR model.	78 pounds a year.
<input type="checkbox"/> 5. Replace your 10-year-old clothes washer with new ENERGY STAR clothes.	850 pounds a year.
<input type="checkbox"/> 6. Replace your less than 10-year-old clothes washer with a new ENERGY STAR model.	475 pounds a year.
<input type="checkbox"/> 7. Replace your clothes dryer with a new ENERGY STAR model.	500 pounds a year.
<input type="checkbox"/> 8. Replace your less than 10-year-old dishwasher with a new ENERGY STAR model.	100 pounds a year.
<input type="checkbox"/> 9. Replace your old TV or VCR with a new ENERGY STAR model.	65 and 33 pounds a year, respectively.
HOME HEATING & COOLING	
<input type="checkbox"/> 10. Upgrade air conditioning from a 9.0 to a 14.0 SEER model.	1833 pounds a year.
<input type="checkbox"/> 11. 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.
<input type="checkbox"/> 12. If you need a new furnace, install a new ENERGY STAR model.	2,000 pounds a year.
<input type="checkbox"/> 13. Have your furnace tuned-up every year.	300 pounds a year.



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

<input type="checkbox"/>	14. If you need to replace your windows, install the best energy-saving models.	Up to 10,000 pounds a year.
<input type="checkbox"/>	15. Plant trees next to your home. Evergreens to the north and west, deciduous trees to the south and west.	About 2,000 pounds a year.
<input type="checkbox"/>	16. Add air-gap window films to seal leaky windows in winter OR add low-e films.	400 and 380 pounds a year, respectively.
<input type="checkbox"/>	17. Add insulation to your basement.	750 pounds a year.
<input type="checkbox"/>	18. Seal and insulate warm air heating ducts.	800 pounds a year.
WATER		
<input type="checkbox"/>	19. Replace your standard electric hot water heater with an “on demand” hot water system.	3,600 pounds a year.
<input type="checkbox"/>	20. Switch from electric/oil hot water heater to a gas hot water heater OR switch from an old gas water heater to a new ENERGY STAR model.	1,400 and 200 pounds a year, respectively.
GETTING AROUND		
<input type="checkbox"/>	21. When you buy a car, choose one that gets good gas mileage.	About 10,000 pounds a year for a 10 mpg improvement.
<input type="checkbox"/>	22. Buy a hybrid car. The average driver saves \$3,750 a year.	16,000 pounds a year for the average driver.
<input type="checkbox"/>	23. Get an engine tune-up every year and regularly check your tire pressure.	1,500 pounds a year.
RENEWABLE ENERGY		
<input type="checkbox"/>	24. Add solar hot water heating system.	2,000 pounds a year.
<input type="checkbox"/>	25. Install a solar electric system to replace 10% of your annual electric needs.	1,430 pounds a year.

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 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.
- *Buy Fresh, Buy Local, and Buy Organic.* The chemicals used in modern agriculture pollute the water supply and require energy to produce.
- Reduce meat consumption to prevent harmful methane gases from entering the atmosphere.
- Consider Green Tags or RECs to “replace” some of your CO2 emissions. Check out Native Energy at www.nativeenergy.com. Native Energy places wind turbines on Native American reservations.
- Support the development of renewables from your local electric company!
- Invest in businesses advancing alternative energy sources or helping in other ways to address climate change issues.



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