

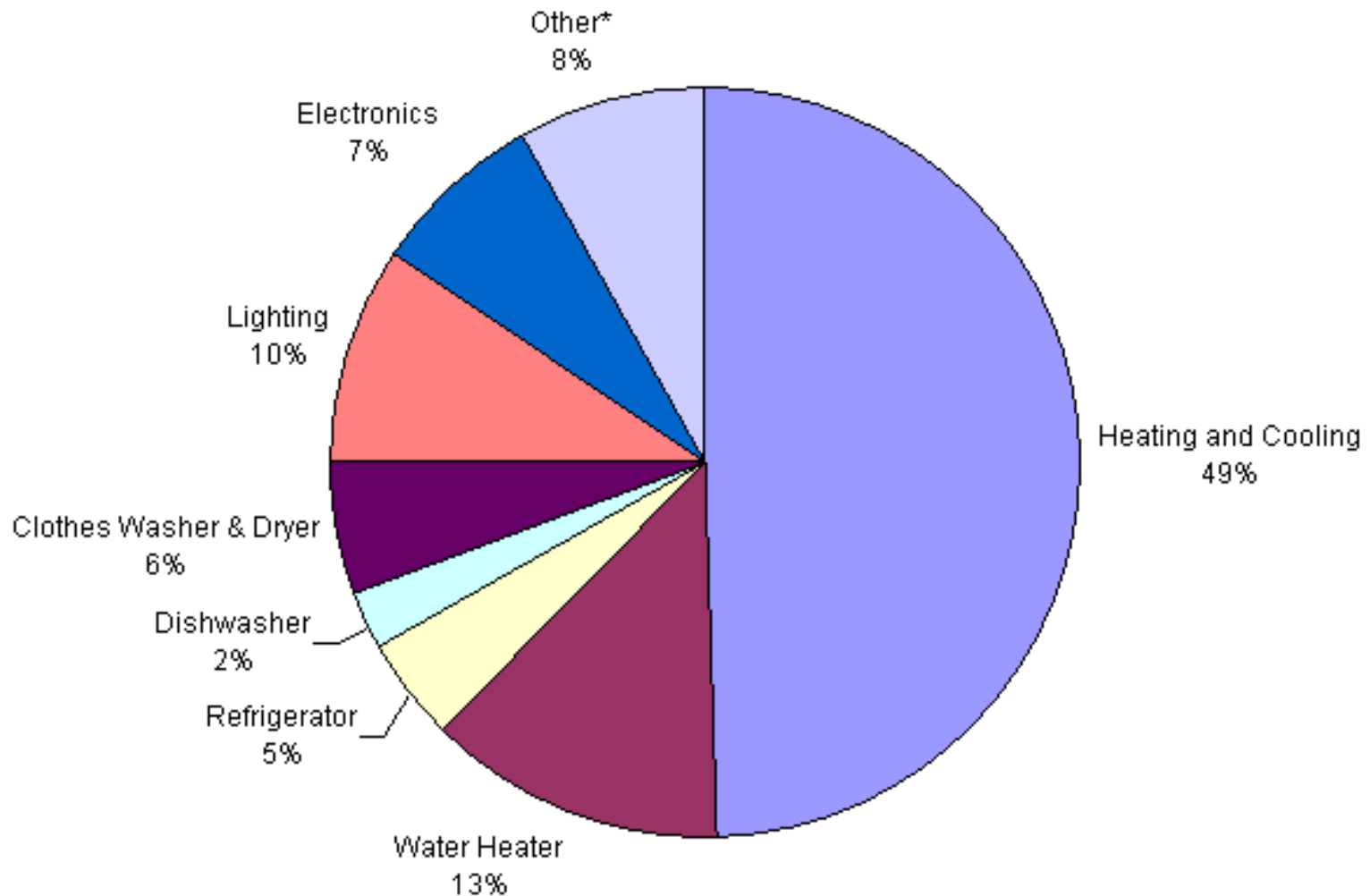
# Chevy Chase Challenge



A Climate Action Plan for 2008-  
2012

[http://www.nature.org/initiatives/  
climatechange/calculator/](http://www.nature.org/initiatives/climatechange/calculator/)

# Energy Use in a Typical Single Family Home



# Household/Lighting

Energy Conservation Action	Already Doing	Will Do By (target date)	Typical CO <sub>2</sub> Reduction (lbs/ yr)	Approximate Savings (\$/ yr)
Switch 10 high-use incandescent light bulbs to compact fluorescent lightbulbs (CFLs)*			1000	130
Turn off lights in rooms that are unoccupied**			380	50
Shop with reusable bags to replace 5 plastic bags per week			115	0
Use push mower rather than electric or gas mower.			90	14
SUBTOTAL				4



\* CFLs contain some mercury (but less than that emitted by power plants generating the electricity for incandescent bulbs). Take burnt out or defective CFLs to the Town Office for safe disposal and recycling.

\*\* 5 min or longer if using incandescent bulbs, 15 min or longer if using CFLs

# Computers

Energy Conservation Action	Already Doing	Will Do By (target date)	Typical CO <sub>2</sub> Reduction (lbs/ yr)	Approximate Savings (\$/ yr)
Turn off computer monitor, printer, and speakers at night.			500	65
Unplugging chargers (and anything with an LED display) when not in use.			300	40
Use a laptop instead of a desktop computer.			185	24
SUBTOTAL				

- Hibernate computer if not in use for 20 min or less.

- Use recycled paper. Print on both sides.

- Pay bills online to save paper and postage.

- Use a “smart strip” to power down peripherals when computer is off.

- Choose an inkjet rather than laserjet printer.

- Recycle ink cartridges, and buy recycled cartridges.



# Kitchen

Energy Conservation Action	Already Doing	Will Do By (target date)	Typical CO <sub>2</sub> Reduction (lbs/ yr)	Approximate Savings (\$/ yr)
Unplug 2 <sup>nd</sup> refrigerator or freezer and use only when needed.			2500	320
Eat one fewer meat meal per week per person.			1320	0
Run dishwasher only with full loads and only during off-peak electricity use periods. Use 'air dry' setting.			200	25
Heat food in microwave (15 min) instead of oven (1 hr) per day for half the year.			100	25
SUBTOTAL				8



- Use cloth napkins and towels instead of paper.
- Rinse dishes with cold water. Run water only when needed.
- Rinse and reuse plastic and glass containers.
- Shop for locally produced foods and foods with minimal packaging.
- Turn off exhaust fan when finished cooking.
- Compost garden debris and kitchen (uncooked vegetable and fruit) scraps. Free compost bins are available from the Bethesda-Chevy Chase Services Center, 4805 Edgemoor Lane, Bethesda, MD, and the Climate Protection Committee offers free advice on their use.

# Laundry

Energy Conservation Action	Already Doing	Will Do By (target date)	CO <sub>2</sub> Reduction (lbs/ yr)	Savings (\$/ yr)
Use a clothesline or drying rack instead of dryer.			1400	135
Reduce the number of washer loads by one load per week.			100	10
Wash with cold water. 90% of energy used by washing machines heats the water; only 10% powers the machine.			500	65
SUBTOTAL				



# HEY MOM!!! YOU REALLY SHOULD....

- Wear clothes more than once before washing.
- Wash only full loads.
- If drying multiple loads, run them consecutively to take advantage of residual heat.
- Avoid doing laundry during peak electricity usage periods.

# Bathroom

Energy Conservation Action	Already Doing	Will Do By (target date)	CO <sub>2</sub> Reduction (lbs/ yr)	Savings (\$/ yr)
Install low-flow shower head in 2 showers, using plumbers tape to install.			500	50
Limit showers to 5 minutes.			300	30
Install faucet aerators on 4 faucets.			80	negligible
SUBTOTAL				

- Unplug chargers when not needed.

- Avoid letting water run while shaving, brushing teeth, etc.

- Limit the use of hair dryers, curlers, electric shavers, electric toothbrushes, etc.

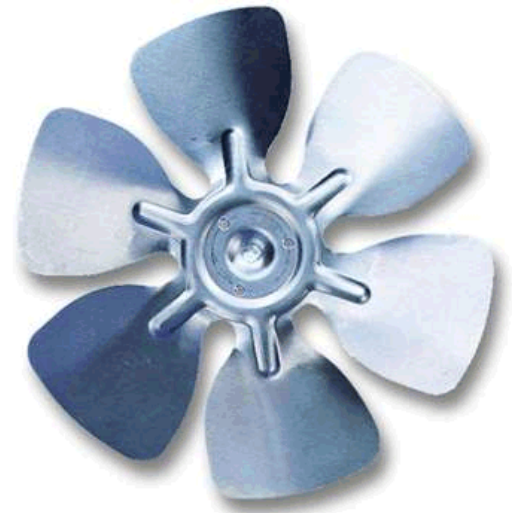
- Reduce toilet water use by placing a plastic jug of water in tank.



# Utility Room

Energy Conservation Action	Already Doing	Will Do By (target date)	CO <sub>2</sub> Reduction (lbs/ yr)	Savings (\$/ yr)
Close vents, turn off radiators, and shut doors in unused rooms.			1550	165
Caulk and weatherstrip doors and windows throughout the house.			1350	145
Install programmable thermostat and set temperatures at 68°F in winter, 78°F in summer. Set it lower in winter (higher in summer) at night and when no one is home.			600	65
Set water heater temperature to 120 deg. F.			500	50
Set thermostat temperatures 2 degrees lower in winter, 2 degrees higher in summer.			350	40
Change furnace and air conditioning filters every 1-3 months.			350	35
SUBTOTAL				14

- Use clothing choices, rather than heating and AC, to maintain comfort
- Turn off fans (including ceiling fans) when rooms are unoccupied. They do not cool the air, they only cool bodies.
- Use attic fan or vent instead of AC in summer.
- Close fireplace damper except when using fireplace.
- Use window shades/blinds in day in summer in south-facing rooms.
- Use window shades/blinds at night in winter to retain heat.
- Wrap our hot water heater in an insulation blanket (available at hardware stores).



# Garage

Energy Conservation Action	Already Doing	Will Do By (target date)	CO <sub>2</sub> Reduction (lbs/ yr)	Savings (\$/ yr)
Use vehicles with better gas mileage (30 mpg vs 15 mpg)			6527	1600
Keep cars tuned up for greater efficiency.			4290	60
Reduce driving by 20 miles per week.			2000	150
Check tire air pressure for correct inflation.			1075	165
SUBTOTAL				



- Car pool to work.
- Car pool for children's activities.
- Walk, bike, or take public transit rather than drive at least one day/week.
- Remove junk that adds excess weight from car trunk and interior.

# Helpful Websites

- <http://www.nature.org/initiatives/climatechange/calculator/> - the carbon footprint calculator used at the beginning of the presentation
- [www.footprintnetwork.org](http://www.footprintnetwork.org) - another website to analyze your carbon footprint.
- [www.energystar.gov/](http://www.energystar.gov/) -compare the efficiency of energy star rated appliances
- [www.epa.gov/watersense/](http://www.epa.gov/watersense/) - compare the efficiency of water sense rated products, such as faucets and toilets
- [www.mtmaryland.com/resources/transitlinks/mdridesharing/](http://www.mtmaryland.com/resources/transitlinks/mdridesharing/) - easy way to find carpooling options in the D.C. metro area
- [www.townofchevy Chase.org/c/205](http://www.townofchevy Chase.org/c/205) - link to the climate corps section of the town of Chevy Chase website
- [www.greenlivingtips.com](http://www.greenlivingtips.com) – general website with topics pertaining to sustainability
- [www.worldwatch.org](http://www.worldwatch.org) – general website with topics pertaining to sustainability