

an-inconvenient-truth.com's PERSONAL IMPACT AUDIT CHECKLIST

“Never doubt that the work of a small group of thoughtful, committed citizens can change the world. Indeed, it’s the only thing that ever has.”

*— Margaret Mead
(1901-1978)*

Reversing global warming can seem like an impossible project. But sending men to the moon was impossible, too – until it suddenly wasn't.

While the scientists and politicians work on how to stop the climate crisis, each one of us can reduce our individual impact on the degradation of the environment.

This Audit helps you identify things TODAY that you can do RIGHT NOW to help reverse global warming. We hope you find it useful.

With Warm Aloha,



James Jacobson
President
Maui Media, LLC



PS: Go to An-Inconvenient-Truth.com's blog to tell us about your own ideas and practices to reduce personal impact on the environment.



Reduce Your Personal Impact in the KITCHEN

Are your appliances bigger than they need to be?

Smaller appliances use much less energy than larger ones. Think about your needs carefully before you design your kitchen.

The Refrigerator

Refrigerators suck up a lot of juice. Here's what you can do to make sure you're getting the best bang for your buck.

- Keep it clean. Storing stuff on top of your refrigerator actually makes it work harder — interfering with its operation and using more energy.
- Keep it full. It uses less energy to cool a full refrigerator. And you save money by eating at home, too!
- Clean the condenser coils once a year.
- The manufacturer's recommended settings are the most efficient.
- Replace bad seals. Check the refrigerator door (look and also feel) to make sure that air is not escaping. If you feel cool air, replace the seal.
- Unplug it if you're not using it.
- Replace your refrigerator and save \$120. Replace your old refrigerator (made before 1993) to save energy and an AVERAGE of \$120 per year. Refrigerators manufactured after 1993 are Energy Star appliances — which means they save both money and the environment. Look for the Energy Star logo or go to <http://energystar.gov> to find new appliances.

The Dishwasher

Using a dishwasher actually costs less than washing by hand with hot water, if you use it right.

- Don't rinse your dishes before placing them in the dishwasher. This saves the planet 6500 gallons of water and you \$30 per year.
- Run your dishwasher on the economy cycle or prop the dishwasher door open to air-dry, rather than using the heater dry function.
- Only run your dishwasher when it is completely full.

The Kitchen Sink

- Use cold water, not hot, to run your garbage disposal. (Hot water takes more energy to heat.)

- Have a half-full glass of water left over from your meal? Water your plants!
- Keep plants above your sink. They'll love the humidity, and you'll be reminded to take care of your corner of the planet everytime you do dishes.
- Check for drips in the tap and under the sink. Replace bad seals that are costing you water and money.

The Stove

- Save energy and time when boiling water by placing a lid on the pot.
- A few minutes before you're finished cooking, turn the burners off completely. The residual heat will finish the job.
- Preheating an oven uses extra energy, so only do this when a precise temperature is necessary. Casseroles, pizza, roasts, and others do not need a preheated oven to turn out right.

The Oven

- Self-cleaning gas or electric models have more insulation than other ovens, so they're more energy efficient. If you use the self-cleaning feature more than once a month, though, you'll use more energy than you save!
- A heated oven loses 20% of its heat every time it's opened.

The Microwave

Microwaves use 75% less energy than conventional ovens!

- Microwave ovens can be great to heat small portions and leftovers, depending upon the food.
- Because less heat is generated in the kitchen, you also save on air conditioning costs during the summer.

Reduce Your Personal Impact in the BATHROOM

- Turn off your exhaust fan when you leave. It uses energy, and it sucks in hot or cool air from the rest of the house.
- Save water by turning off the tap while you brush your teeth.
- Change out your faucets and showerheads to low-flow models.
- Keep them clean! Sediment and residue from water can clog up the fixtures and cause you to use more hot water.
- Repair leaky faucets or toilets. A single dripping hot water faucet can waste up to 200 gallons of water a month.

- Take showers (10-15 gallons of water used) rather than baths (30 or more gallons of water used).
- Be a speed racer. Keep your shower time to five minutes or less.
- If you shave in the shower, fill a small cup with water and turn off the water first. You can use the cup to rinse your razor.

Reduce Your Personal Impact in the LIVING ROOM

The Fireplace

- Keep it clean. Burn clean, dry, seasoned hardwood. Wet wood produces more smoke, and soft woods like pine make more emissions and leave more deposits in your chimney.
- Open the damper when the fire's going in order to prevent carbon monoxide from backing up into your house. Remember to close it when the fire is out completely, though, or your chimney will act like a giant exhaust fan and suck the heat right out of your house!

Reduce Your Personal Impact in your HOME OFFICE

- Turn off your computer and printer when you're not using them, or you can use the power or energy save option.
- Chargers for cell phones and other rechargeable devices use energy — whether the device is plugged in or not. They're best unplugged when not in use.

Reduce Your Personal Impact in your LAUNDRY

The Washer

- Wash only full loads of laundry.
- Front loading washing machines can save as much as 40 cents per load.
- Use warm and cold setting in your washer, not hot. Many laundry detergents are now designed for use in cold water. This can save 10 cents to 20 cents per load. (Cold water also reduces lint!)

The Dryer

- Gas clothes dryers are generally less expensive to operate than electric dryers.

- Irons use as much energy as ten 100 watt light bulbs! Pull your clothes out of the dryer immediately and hang them up to reduce your use of the iron.
- Clean out your lint filter every time you use your dryer so it doesn't have to work as hard.

Reduce Your Personal Impact in your GARAGE

- If it's attached, keep the door closed as much as possible.
- You can save between 8 and 10% of your energy costs by insulating the floor over unheated spaces such as crawlspaces, basements and garages.
- Insulate the inside of your garage door with fiberglass duct wrap.
- Save energy by removing one of the light bulbs from your garage door opener. Better yet, remove them both, then replace your wall switch with a motion sensor/override switch.
- Replace old freezers and refrigerators. One large refrigerator is more efficient than two smaller ones, and those made after 1993 are Energy Star compliant.
- If your water heater is in an unheated garage, check to see if it's self-insulated. If not, insulate it yourself using specified guidelines for your model.
- Use energy-saving fluorescent lighting with electronic ballasts for your garage working area.

Reduce Your Personal Impact IN YOUR CAR

- Get your car inspected. A clean and well-maintained car drastically reduces your impact on the environment. Have your mechanic check:
 - carburetor
 - catalytic converter
 - spark plugs
 - ignition timing
 - PCV system
 - air filters
- Fuel up when it's cool outside. When the temperature is high, gas fumes heat up and create more ozone.

Reduce Your Personal Impact OUTSIDE

- Dispose of paint cans and poison products properly. Check with your city or town for hazardous waste pick-ups or drop-off locations. Never recycle these items!
- During high ozone days, your child should play inside or participate in less strenuous outdoor activities, like swimming.
- When exercising outside, do so early in the day or in the evening to keep your exposure to pollution low. Avoid busy streets—pollution levels are higher even 50 feet from a roadway.

Reduce Your Personal Impact AROUND YOUR HOME

- Purchase a carbon monoxide detector. Rooms above or near a garage are at risk for the highest levels of carbon monoxide, which can be fatal.
- Make sure all paint in your home is lead-free. Small children can ingest paint chips and get lead poisoning, which is associated with damage to the nervous system, learning deficits, and lowered IQ. Even low doses have been known to cause these effects.
- Check furnace or heat pump filters once a month for blockages and replace them regularly according to the manufacturer's recommendations. A dirty air filter can increase your energy costs and lead to early equipment failure.
- Get a licensed professional to check your heating and cooling systems once a year for efficiency and safety. Checkups can identify problems early.
- Caulk and weather-strip all leaky windows, baseboards and doors.
- Properly seal all attic vents and ducts. Sealing your ducts can

save up to \$140 annually on energy bills and ensures every room is heated consistently.

- A programmable thermostat can save you \$100 a year when programmed and used properly.
- Replace traditional light bulbs and fixtures with compact fluorescents. They cost a bit more, but in the end they're a good deal. They use two-thirds less energy and can last up to ten times longer than incandescent bulbs. They are especially good in high use areas like the kitchen or hard to reach fixtures.
- Check your ducts for air leaks. First look for sections that should be joined but have separated and then look for obvious holes.
- If you use duct tape to repair and seal your ducts, spend the money on high quality tape to avoid cracking and loss of bond over time. Look for the Underwriters Laboratories logo.
- You can save 3% per day on your heating bill for every 1° that you lower the thermostat setting. For example: if you normally keep your thermostat set at 75° and you lower it by 3° to 72°, you can save 9%. That's 9 cents for every dollar spent!
- Save another 1% for the 8-hour period at night when you're sleeping, for every 1° lower you set your thermostat. For example: lower your thermostat from 72° to 65° at night, and save another 7 cents for every heating dollar.
- People generate heat, especially in small spaces. If you have a group of people in your apartment, let the heat they give off help keep your home warm.
- Keep blinds and curtains closed during the warmest parts of the day.
- If you leave a room, turn the lights and appliances off.
- Recycle mixed papers. If your city or town does not have a regular house pick up schedule, call them to see where you can drop off papers, or to request the start of a paper recycling program.