

# Household Exchanges

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Addressing climate change is something we can do in our daily lives. We all have the opportunity to change our actions in order to help the planet. Following are some ways that we can make a difference in the fight against the climate crisis. Check out these great tips from [Low Carbon Diet: A 30 Day Program to Lose 5000 Pounds](#), by David Gershon

- The average US household generates about 4.5 pounds of trash per day. Every pound of solid waste that goes into the landfill generates two pounds of greenhouse gases. (That trash has to be transported and processed!) Be a vigilant recycler! Avoid excess packaging when you can.
- Can you get clean in a 5 minute shower? A 10 minute shower generates as much as 4 pounds of CO<sub>2</sub> due to the energy expended in heating the water. And, to save water as well as energy, how about a low flow shower head which is easy to install.
- Each time you run your dishwasher you produce approximately two pounds of CO<sub>2</sub>. Make the most of this energy expenditure by running only full loads.
- Save 90% of the energy used when washing clothes by washing in cold water, which typically will get your clothes just as clean. Air drying clothes gets a gold star!
- Try turning down the thermostat this winter to “sweater temperature”, between 65 and 68 degrees during the day, and blanket temperature, 55-58 degrees at night. You may reduce your heating bill by 20% and reduce your CO<sub>2</sub> production by over 1,000 pounds annually.
- Reducing vehicle miles traveled is one of the most powerful ways to decrease your “carbon footprint”. With planning and utilizing non-vehicle forms of transportation when possible, most people can achieve a 20% reduction in personal vehicle miles traveled, an approximate average savings of over 1,650 pounds of CO<sub>2</sub> annually.

## 101 Fact Sheet



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- Reduce junk mail: Paper production is an energy intensive process. And before that paper reaches our mailboxes it is shipped by truck or air. Request removal from direct mailing lists from
  - Direct Mail Marketing Assoc., P.O. Box 643, Carmel, N.Y. 10512-0643.
  - For removal from Val-Pack Coupons Direct Marketing send your request to P.O. Box 13428, St. Petersburg, FL 33733.
- Use recycled paper: Thankfully, the paper we put into our recycling bins can, in many cases, be used to make new paper products. (Remember that the paper must be clean, not soiled with food waste.) Cardboard is another product that can be successfully recycled. More info at [www.greenpaper.com](http://www.greenpaper.com).

Food is another subject that can have huge impacts on climate. Buying local reduces transportation impacts. How we cook and store food can also have climate impacts.

- Buy Local: Most produce in the US is picked 4 to 7 days before being placed on supermarket shelves, and is shipped an average of 1,500 miles before being sold. And that only takes into account U.S. grown products! Think about fruit that comes to us from Mexico, Chili, and Southeast Asia! Consider shopping at farmers' markets as often as possible or joining a CSA (Community Supported Agriculture) group whereby people purchase a portion of a local farmers crop ahead of the harvest and receive deliveries throughout the growing season. More info at [www.localhvest.org](http://www.localhvest.org).
- Cook with a pressure cooker or microwave instead of using the oven or stovetop when these devices can be used effectively. Both devices significantly shorten cooking time, therefore saving electricity. Heating the oven for a small portion of food may waste a lot of energy.
- Regularly dust the coils on your freezer and refrigerator. This allows the appliance to work more efficiently and prolongs the life of the device.

Find more tips at:

- [Protecting Our Planet Starts With You](http://noaa.gov). – noaa.gov
- [10 Things You Could Do To Help Save the Earth](http://www.instructables.com/100-Ways-to-Reduce-Your-Impact/)
- <https://www.instructables.com/100-Ways-to-Reduce-Your-Impact/>
- *Low Carbon Diet: A 30 Day Program to Lose 5000 Pounds*, by David Gershon