



JOIN US IN THE FIGHT AGAINST CLIMATE CHANGE





Did you know that the average house is responsible for twice the greenhouse gas emissions as the average car?

When power plants burn fossil fuels to make electricity, they release greenhouse gases. By using less energy at home, at work, and in the community, you can reduce these emissions and fight climate change. And using less energy will lower your utility bills each month.

Whether you're trying to make your home more comfortable, improve your company's bottom line, or make your school a greener place, the U.S. Environmental Protection Agency (EPA) has the tools and resources you need. If every American household took the actions on the next few pages, we could save \$18 billion on our energy bills annually and reduce greenhouse gas emissions equivalent to those of 18 million cars.

Take a look inside and learn how you can save energy, save money, and help fight climate change. You can even use the last page to help track your accomplishments.

Join with EPA and be part of the solution. ENERGY STAR® can help.

Learn more at energystar.gov.



THINGS YOU CAN DO AT HOME

MAKE A PLAN Visit energystar.gov and use EPA's online tools to help you assess your home and make it more energy-efficient. Whether you do it yourself or hire a professional, recommendations from ENERGY STAR can reduce your utility bills by up to 30 percent, make you more comfortable, and protect our environment.

CHANGE A LIGHT Replace existing lighting with ENERGY STAR qualified compact fluorescent light (CFL) bulbs, lamps, ceiling fans, and fixtures. Also look for the ENERGY STAR on decorative light strings for festive occasions.

MAKE SAVING ENERGY ENTERTAINING Make sure your next TV has earned the ENERGY STAR. Look for ENERGY STAR qualified components, including DVD players, sound systems, and set-top boxes.

SEAL AND INSULATE Use caulk, spray foam, and weather stripping to seal your home's outer walls, ceilings, windows, doors, and floors. Add insulation to your attic to help keep your home cool in the summer and warm in the winter. Also seal leaks and repair disconnections in your home's duct system to improve efficiency.

HEAT AND COOL EFFICIENTLY Change your air filter at least once every 3 months, have your heating and cooling systems tuned-up by a professional annually, and install and properly use a programmable thermostat. When replacing heating or cooling equipment, choose models that have earned the ENERGY STAR and ask your contractor if they follow the ENERGY STAR Quality Installation guidelines.

ALWAYS LOOK FOR THE STAR Choose products that have earned the ENERGY STAR label. While offering all the features you want, these products also meet strict guidelines to help you save money and protect our environment. Products with the ENERGY STAR label are available in more than 60 product categories – and even new homes can earn the ENERGY STAR.

GO WHOLE-HOUSE Find out if Home Performance with ENERGY STAR is available in your area. Through this program, specially-trained contractors will evaluate your home using state-of-the-art equipment and provide recommendations to improve your home's energy efficiency and comfort. They can also help you get the work done right!

NAME: Martha Ware

FIGHTING CLIMATE CHANGE BY: Using ENERGY STAR qualified products, including lighting, a programmable thermostat, a furnace, and new insulation.

ANNUAL SAVINGS: \$1,150 | 11,000 kWh | 12,000 lbs. CO₂



NAME: PepsiCo Green Team

FIGHTING CLIMATE CHANGE BY: Being a partner with EPA in the ENERGY STAR program, empowering employees to help make their facilities and manufacturing processes more energy-efficient.

ANNUAL SAVINGS: \$179 million | 20 trillion Btu | 3 billion lbs. CO₂



THINGS YOU CAN DO AT WORK

GIVE IT A REST Use the ENERGY STAR power management settings on your computer and monitor so they power down when not in use. Also use a power strip as a central “turn off” point to completely disconnect equipment from the power supply. Don’t forget to make these changes in your home office, too.

UNPLUG IT Unplug electronics such as cell phones and laptops once they are charged. Adapters plugged into outlets use energy even when they are not charging.

LIGHT UP YOUR WORK LIFE Replace the light bulb in your desk lamp with an ENERGY STAR qualified bulb, which will last up to 10 times longer and uses 75 percent less energy. Turn off the lights when you leave, especially at the end of the day.

LET IT FLOW Keep air vents clear of paper, files, and office supplies. It takes as much as 25 percent more energy to deliver air into the workspace if vents are blocked.

TEAM UP Create a Green Team with your co-workers, help build support for energy efficiency in your workplace, and reduce office waste.

TALK TO THE BOSS Encourage your employer to use ENERGY STAR tools to assess and improve your organization’s energy use. Your building could earn EPA’s ENERGY STAR for superior energy efficiency.

SET UP YOUR OFFICE FOR SAVINGS Look for the ENERGY STAR when shopping for office equipment at home and at work, including computers, monitors, fax machines, printers, and more.

THINGS YOU CAN DO IN YOUR COMMUNITY

TAKE THE PLEDGE Join the growing community in the fight against climate change by taking the ENERGY STAR Pledge. Visit energystar.gov/changetheworld to share your commitment.

INCLUDE YOUR FAMILY Encourage your parents, siblings, and spouse to shop at local retailers and grocery stores that have earned the ENERGY STAR. Tell your family and friends to stay at an ENERGY STAR labeled hotel the next time they travel. Go to energystar.gov/buildings for a full list.

SPREAD THE WORD Encourage local community groups and clubs to join the Change the World, Start with ENERGY STAR campaign. Ask your friends and neighbors to take simple energy-saving steps with you.

BE A LEADER Contact your local government officials and ask them to reduce their energy use by partnering with ENERGY STAR. Help your homeowners association organize an Earth Day event centered around ways to save energy. Visit energystar.gov/leaders.

TEACH FUTURE ENERGY-SAVERS Get involved in a local school or community organization to teach kids about how they can help protect the environment by saving energy. Encourage your child's school to join ENERGY STAR.

RECYCLE IT If you are purchasing new ENERGY STAR qualified electronics or appliances, talk to your retailer or local authorities about how to recycle old items.

ADD IT UP Find out what your household's carbon footprint is with EPA's greenhouse gas emissions calculator. Visit epa.gov/climatechange.

To save the earth, the **LORAX** shows you
That **kids** can help and it's easy to do.

Turn off **lights**, **TVs**, and **things you won't use**
Save **energy** with your computer - set it to **shooze**.

Get your **friends** and your **family** to all do their part
Just look for the **ENERGY STAR** - the best way to start.

Let's show **greedy Once-lers** what is right
Against climate change, join **EPA** in the fight!







JOIN THE FIGHT AGAINST CLIMATE CHANGE: TAKE THE ENERGY STAR PLEDGE.

Post this checklist where it can be a daily reminder to save energy, save money, and help fight climate change with ENERGY STAR. Then go to energystar.gov/changetheworld and tell us the steps you plan to take.

AT HOME, I PLEDGE TO:

- Change a Light: Replace at least one light in my home with an ENERGY STAR qualified one. Buy ENERGY STAR qualified holiday lights.
- Choose ENERGY STAR qualified products: TV, DVD player, home theater in a box (sound system), clothes washer, dishwasher, refrigerator.
- Choose ENERGY STAR qualified equipment for my home office: computer, monitor, multi-function device, fax, ink-jet printer.
- Enable my ENERGY STAR computer and monitor to sleep while I'm away.
- Set or program my thermostat to save energy while I'm asleep or away from home.
- Have my heating and cooling equipment tuned-up by a professional and change my air filter.
- Seal obvious leaks and repair disconnections in my home's duct system.
- Seal my home's envelope (outer walls, ceiling, windows, doors, and floors) with caulk, spray foam, and weather stripping, and add insulation to the attic.

AT WORK, I PLEDGE TO:

- Use a power strip as a central turn off point for all my office equipment to completely disconnect from the power supply.
- Unplug electronics once they are charged.
- Keep air vents clear of paper, files, and office supplies.
- Create a Green Team with my co-workers to help build support for energy efficiency.
- Talk to my boss about earning EPA's ENERGY STAR for our building.

The U.S. Environmental Protection Agency encourages everyone to save money and fight climate change through energy-efficient products and practices. Learn more at energystar.gov.





United States
Environmental Protection Agency
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Official Business
Penalty for Private Use
\$300

