

HOUSEHOLD ENERGY ACTION ITEMS

Indicate Action Items you intend to complete - only mark NEW actions that you aren't already doing.

Action Items (Specific Actions Described on Next Page)	Pounds CO ₂ Reduced Annually	Annual Savings	Action Done (Insert 'X')
HOME ENERGY & WATER			
Install Low Flow Showerheads	250	\$18	
Reduce Shower Time to 5 Minutes	300	\$22	
Efficiently Manage Thermostat Settings	1,400	\$92	
Replace or Clean A/C and Furnace Filters	350	\$28	
Replace Furnace Filter	400	\$32	
Install Rainfall Sensor for Sprinkler System	490	\$98	
Install Five LED or CFL Lights	500	\$40	
Install Additional LED or CFL Lights (per light)	100	\$8	
Use House Fans Instead of A/C	2,022	\$161	
Cold Water Detergent and Setting for Clothes Washer	1,270	\$92	
Use Power Strips to Eliminate Vampire Electricity Loads	1,200	\$96	
Commit to Purchasing an ENERGY STAR Certified Product	500	\$40	
Home Energy Audit and Implement at Least One New Item	Varies	Varies	
Carbon Offsets: Purchase Green Power from the Blue Sky Program, Subscriber Renewables, buy general carbon offsets, or plant four trees	200 pounds / block or varies	NA	
TRANSPORTATION			
Leave Personal Vehicle at Home One Day / Week	1,330	\$315	
Commit to purchasing a more fuel efficient or all-electric vehicle	2,000 - 10,000	Varies	
Properly Inflate Tires on All Vehicles	400	\$95	
Commit to Taking One Less Round-Trip Flight this Year	2,170	\$360	
WASTE, RECYCLING, & DIET			
Use Reusable Water Bottles and Mugs	580	\$150	
Eat a Vegetarian Diet One Day per Week	700 pounds / day	Varies	
Second-hand store purchase for clothes or home item	Varies	Varies	
TOTAL NUMBER OF ACTIONS			
ANNUAL POUNDS OF CO₂ REDUCED			

DESCRIPTION OF CERTAIN ACTION ITEMS

Install Low Flow Showerheads | [Learn more here.](#)

Install showerheads that use 2.0 gallons of water or less – look for EPA’s “WaterSense” label.

Efficiently Manage Thermostat Settings | [Learn more here.](#)

Every degree F saves 3% - set to 60 at night or unoccupied during winter and 78 in summer.

Replace or Clean A/C Filter & Furnace Filter | [Learn more here.](#)

Dirty filters are inefficient – check your filters monthly and change at least every 3 months.

Install Rainfall Sensor for Sprinkler System | [Learn more here.](#)

This not only saves energy, but can also conserve over 8,000 gallons of water per home.

Carbon Offsets: Rocky Mountain Power Blue Sky, Subscriber Solar, or Other | [Learn more here.](#)

See Rocky Mountain Power website for customer renewable energy options.

Cold Water Detergent and Setting for Clothes Washer | [Learn more here.](#)

Heating water consumes a lot of energy – always use a cold-water setting and detergent.

Use Power Strips to Eliminate Vampire Electricity Loads | [Learn more here.](#)

Plug TVs, cable boxes, and major electronics into a power strip that you turn off at night.

Commit to Purchasing an ENERGY STAR Certified Product | [Learn more here.](#)

See *ENERGYSTAR.gov* for lists of efficient appliances, HVAC equipment, and electronics.

Get a Home Energy Audit and Implement at Least One New Measure | [Learn more here.](#)

Dominion Energy offers audits for \$25, or contract with a local energy services company.

Commit to Purchasing a More Fuel Efficient or All-Electric Car

Complete vehicle comparisons, including fuel and pollution savings, at *FuelEconomy.gov*.

Properly Inflate Tires on All Vehicles

Regularly check and inflate your tires to improve MPGs by 3% - more at *FuelEconomy.gov*.

Eat a Vegetarian Diet One Day / Week

A vegetarian diet saves water and energy resources – food is 25% of avg. Utah footprint.

Second-hand store purchase for clothes or home item

Material goods can come with a high environmental cost – consider buying used.

Research Additional Energy Items and Utility Rebates Available in Your Area

Natural Gas: Visit thermwise.com for Dominion Energy information.

Electricity: Visit [wattsmart webpages](#) for Rocky Mountain Power information.

Explore More Actions and Calculate Your Household Footprint | [Learn more here.](#)

Check out an online carbon footprint calculator to estimate impacts and prioritize actions.