

# A simple 3 step program *anyone* can do!

# 1

## STEP 1 - REDUCE ENERGY USE

- Walk, bike, carpool, or bus whenever possible.
- Plan trips.
- Check tire pressure monthly.
- Drive slower on highways, 55mph saves lives and fuel.
- Celebrate car free days and weeks!
- Set your heat as low as possible in the winter.
- Set your ac as high as possible in the summer.
- Turn off lights when not in the room.
- Cook less, eat more raw food.
- Wash cloths with cold water.
- Turn hot water heater to 120 degrees.
- Take shorter showers.
- Skip a shower once a week.
- Watch less TV or better yet get rid of your TV.
- Turn off computers/printers/TVs/DVDs at the power strip or unplug them when not in use.
- Use only full loads in the clothes washer and dish washer.



# 2

## STEP 2 - USE ENERGY SMARTER- USE SAVINGS IN STEP 1 TO MAKE ENERGY SAVING PURCHASES

- Keep vehicles in good operating condition.
- Do not use studded tires, choose studless snow tires if needed. When replacing tires choose LRR (low rolling resistance) models.
- When purchasing a new car choose the highest mileage model that meets your needs.
- Buy a clothesline and enjoy the benefits of naturally sweet smelling clothes.
- Change all your light bulbs to compact fluorescents or LEDs.
- Upgrade old appliances with Energy Star appliances.
- Seal leaks in your house or apartment.
- Upgrade insulation.
- Consider an on-demand hot water heater or go solar. ([www.solarcascade.com](http://www.solarcascade.com))
- Upgrade heating/cooling systems, consider a heat pump.
- Install a programmable thermostat.
- Replace furnace filters regularly.
- Upgrade old windows.
- Install low flow shower heads.
- Upgrade old desktop computers to laptop models.
- Shade your ac unit.
- Buy a solar battery charger and use rechargeable batteries.

# 3

## STEP 3- MAKE YOUR OWN GREEN POWER- USE SAVINGS FROM STEP 1 AND STEP 2

Buy a micro-hydro, wind, or solar generator, whichever has the most potential in your area. Smile and enjoy your non-polluting, zero fuel cost local energy source.

### EXAMPLE BASED ON TYPICAL ENERGY USES

Monthly	NAT. GAS	ELECTRIC	VEHICLE FUEL	TOTAL	SAVINGS
START	\$80	\$80	\$250	\$410	\$0
STEP 1	\$60	\$70	\$200	\$330	\$80
STEP 2	\$40	\$40	\$150	\$230	\$180

This \$180 in savings per month can be used for a loan payment on purchasing your own green power generation or saved until you have enough money to pay for system outright.

Compare energy use with your family, friends, neighbors, and co-workers. Compete with each other for who can use the least! The ultimate goal is net-zero (to produce as much as you use over a year's time).

**Green Power makes it possible!**



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