



hot planet seeks CoolMoms

10 Things Families Can Do

Drive Less

Less driving means fewer emissions. Besides saving gasoline and money, walking and biking is great exercise. Explore your community mass transit system, and check out options for carpooling to work or school.

Eat Wisely

Count your food miles. Buy locally grown organic foods. Teach your kids where your food is from.

Use Less Heat and Air Conditioning

Set your thermostat just 2 degrees lower in winter and higher in summer to save about 2,000 pounds of carbon dioxide each year. Add insulation to your walls and attic, and install weather stripping or caulking around doors and windows to lower heating and cooling costs more than 25 percent.

Change a Light Bulb

Compact florescent light bulbs use 60% less energy. Replacing just one 60-watt incandescent light bulb with a CFL will save you \$30 over the life of the bulb. If every U.S. family replaced one regular light bulb with a CFL, it would eliminate 90 billion pounds of greenhouse gases, the same as taking 7.5 million cars off the road.

Buy Locally

Buy locally produced goods to reduce transportation miles and oil consumption, and decrease sprawl and traffic congestion.

Reduce, Reuse, Recycle

Choose reusable products instead of disposables. Buy products with minimal packaging to reduce waste. Recycle and buy used or recyclable products. By recycling half of your household waste, you can save 2,400 pounds of carbon dioxide annually.

Plant a Tree

Start digging. During photosynthesis, trees and other plants absorb carbon dioxide and give off oxygen. There are too few of them to fully counter the increases in carbon dioxide caused by automobile traffic, manufacturing and other human activities. A single tree will absorb approximately one ton of carbon dioxide during its lifetime.

Use Less Hot Water

Heating water uses a lot of energy. Take shorter showers under a low-flow shower head and set your water heater no higher than 120 F.

Use the "Off" Switch

Turn off electronics and lights you aren't using and save thousands of pounds of carbon dioxide yearly. Don't forget to unplug those charges when not in use. Leaving a charger plugged in will continue to use electricity. While brushing your teeth turn off that water until you need it. You will save on your water bill and you will conserve a vital resource.

Advocate for Change

Call/write your local, state and federal legislators and newspapers, and let them know why climate change legislation is vital to creating jobs, saving money, saving resources and providing a healthy planet for our children's futures.