

Turn down the thermostat just three degrees in the winter and up three degrees in the summer. You can prevent the emission of nearly 1,100 pounds of carbon dioxide annually.

Turn off the lights. Remember to hit the switch on your way out for that well deserved lunch break. The energy savings from 10 million employees turning off un-needed lights for 30 minutes a day is enough to illuminate 50 million square feet of office space.

Wash and rinse in cold water. If everyone in the United States alone switched to cold water with their washing machines, we could save about 30 million tons of carbon dioxide each year -- and more than \$3 billion in energy costs, collectively. And what's more? Cold water cleans your laundry just as well as hot water.

Drink more water from reusable glassware. It's great for your bank account, your health, and your planet. The average American consumed more than 400 beverage bottles and cans in 2006, leaving behind wasted glass, plastic, steel, and aluminum. That adds up to excessive amounts of fossil fuels and hydropower for mining, processing, refining, shaping, shipping, storing, refrigerating, and disposing of those materials. Of course, changing your drinking habits both at home and at work is applicable to just about every other habit, as well. You've heard it before and you'll hear it again: Reduce, reuse, and recycle.

Purchase EnergyStar-labeled appliances. Products are among the top 25 percent most efficient and can provide a 30 percent return or better through lower utility bills. After cooling and heating, appliances and other plug-in devices are the next biggest users of energy in your home. When looking for new appliances, seek out the most energy-efficient models. Most new appliances come with a yellow EnergyGuide label, which, like mileage ratings on cars, shows its consumption in terms of kWh per year. Also look for Energy Star rated products (more on Energy Star below).

Replace your incandescent light bulbs with compact fluorescent lights (CFLs) Look closely at labels when buying light bulbs. Those marked as CFLs last 10 times longer and use 66 percent less energy than incandescent bulbs while delivering the same light levels. As a result, CFLs accrue net savings between \$30 and \$45 over their lifetimes, depending on your cost of electricity, the wattage size of the CFL, and the lamp's lifespan (manufacturers make CFLs that last 6,000, 8,000, or 10,000 hours). The return on investment is 15 times higher than leaving your money in a bank account or the average return on Dows-Jones stock investments. CFLs also reduce the release of greenhouse gas emissions and are safer because they burn at a lower temperature (160°F or less) than incandescent and halogen lights, which can burn at temperatures up to 500°F.

Turn down the hot water heater. Set your water heater to 130°F. While you're at it, turn down your house thermostat during the winter to 55°F when you go to bed or leave home. These simple actions can have enormous positive consequences, preventing the emission of more than 1,100 pounds of carbon dioxide over the course of

the year, while cutting your energy bill by more than 10 percent. And that's just from you! Get your friends on board, and the benefits will multiply