

**The Interfaith Community of Environmentalist Youth (ICEY) challenges you to adopt any or all of these energy-saving choices they and their families practice:**

➤ **Use less heat and AC**

- insulated the attic, crawlspace, and garage
- use insulated solar shades or window curtains
- replaced all our windows with newer, better insulated ones
- triple pane windows
- sealed home; plugged leaks
- wear layers in order to turn down the heat
- use a comforter and hot water bottle so that you can turn off the heat at night
- use a programmable thermostat to make sure the heat is off when nobody is home, and turns the heat back on 30 minutes before you get back
- in winter, turn thermostat down to 50 overnight
- in winter, place plastic covers over all windows
- use natural air conditioning: open windows at night; close during day
- use ceiling fans
- hold out until it gets into the 90s to turn on the AC

➤ **Use less electricity for lighting**

- use natural lighting (the sun!); turn off the lights during the day
- turn lights off when not in room
- use CFL's and LED lighting
- use candles on weekends for 2 hours during family time

➤ **Use less electricity for other things**

- line-dry clothes. We've lived without a clothes dryer for 8 years
- energy-efficient dryer
- use smart power strips for our computer and tv
- on weeknights, all devices are removed from electrical outlets (except for homework needs)
- shut down or hibernate computers when not in use
- never charge our phones or devices overnight
- use manual lawn mower
- got rid of stand-alone freezer

➤ **Stop using coal-fired electricity – install solar panels**

➤ **Avoid buying new and help other people avoid buying new**

- repair instead of replace
- try to buy used clothing and items (furniture, linens, etc) as much as possible
- donate all unwanted usable goods
- buy recycled products and print on recycled paper
- re-use fronts of greeting cards

➤ **Use less energy to travel**

- carpool
- walk
- bike
- take a city bus
- ride the school bus
- take a bus or train, rather than an airplane
- regular car maintenance to keep the gas mileage low

- bought a used hybrid
- **Use less water and hot water**
  - water saving shower heads
  - turn water off in shower while using shampoo and soap
  - take military style showers
  - capture unused water (ex: while waiting for it to get hot) to flush toilets, water plants, etc.
  - rain barrels
  - solar hot water heater
  - hybrid hot water heater, programmable for low water use & vacation mode
  - turn down temperature on hot water heater
  - wrapped hot water heater in insulated blanket
  - use cold-water cycle in washing machine
- **Food choices**
  - my whole family is vegetarian
  - grow vegetables, fruits, and herbs
  - swap homegrown produce for neighbors' chicken eggs
  - buy at least 50-60% of our food locally: from the Farmers' Market and Bloomingfoods
- **Use less packaging and paper: generate less garbage**
  - avoid styrofoam and food that is heavily packaged
  - buy in bulk using reusable containers
  - bring disposable containers to restaurants for leftovers
  - keep reusable cloth bags in car; refuse to use new bags
  - ask for ice cream in a cone or bring our own bowl & spoon
  - use cloth napkins, cloth handkerchiefs and rags instead of paper towels
  - use reusable water bottles
  - reuse plastic baggies and glass jars
  - recycle all paper, cardboard, glass, scrap metal and more
  - by composting and recycling, my family only produces one bag of trash a month