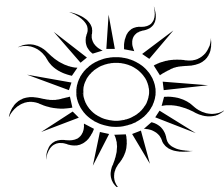


LONGER TERM ACTION STEPS

You can accomplish a lot with the **Ten No Sweat Action Steps**. Your carbon footprint will be smaller and your bank account will be larger.

If you have some spare cash, or you just received an inheritance, there's more you can do.

- **Buy new, high efficiency home appliances** – recycle the old ones!
- **Add insulation** and seal windows and doors
- **Install a whole house fan**, but cover it during the winter to keep heat in.
- **Do an energy audit, and install a programmable thermostat** to reduce summer power during the 11am to 7 pm peak demand period.
- **Go off the grid.** Look into solar panels that have come down in cost, especially if you own an all-electric or plug-in hybrid vehicle. (**Recharge only at night**). Tax credits available through 2021.



WEB SITES WHERE YOU CAN GET ADDITIONAL INFORMATION

www.energystar.gov

Guide to energy efficient appliances & certification of LED lights.

www.ase.org

Alliance to Save Energy has lots more on how to save energy.



This Guide has been prepared and distributed by the Kansas Chapter of the Sierra Club. For more information on how you can explore, enjoy, and protect the Kansas environment please contact:

Sierra Club – Kansas Chapter

Email: info@kansas.sierraclub.org

Website: www.kansas.sierraclub.org

No Sweat Action Guide to Stop Global Warming

Fact: Inefficient coal and natural gas power plants are used to meet peak electricity demand in summer.*

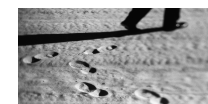
Fact: Summer air-conditioning drives peak demand.

Fact: Your best contribution to fighting global warming is to reduce peak summer electricity demand.

* Peak demand occurs between 11 AM and 7 PM.

Use this Guide to –

- Learn the sources of waste heat that make your air conditioner work harder.
- Learn ways to eliminate or reduce waste heat within your home.
- Restrict some power use to off-peak times.
- Save money through energy efficiency and conservation.
- Reduce greenhouse gases caused by burning fossil fuels.



REDUCE YOUR CARBON FOOTPRINT AND SAVE MONEY BY REDUCING YOUR ENERGY USAGE

ELIMINATE WASTE HEAT IN YOUR HOME



Sources of waste heat –

Incandescent Lights Perhaps the most energy inefficient device ever invented. Bulbs give off heat (surface temp. of over 300° for a 60 watt bulb!) that increases temperatures in the room. In contrast, LED lights use 80 to 85% less energy and give off little heat.

Older Compressors Compressors, especially older ones, are inefficient devices and are in your home's refrigerator and freezer. The waste heat is given off by the cooling coils underneath or on the sides of the appliance.

Heating Elements Like incandescent bulbs, they work by creating resistance to the flow of electricity. The perpetrators are electric stoves, ovens, counter top ovens and heating plates, coffee makers, toasters, and electric clothes dryers.

Gas Fired Appliances Gas stoves put most of the energy into your rooms not your food. And don't forget hot water heaters and pipes.

Electronics All electronic devices like computers, monitors and TV's contain resistors and capacitors that give off heat. Many of these devices are left on unnecessarily when not in use.

TEN NO SWEAT ACTION STEPS

(while still enjoying your summer)

1. **Replace incandescent lights with LED lights.** LEDs come in all shapes & sizes, instant-on, and dimmable, at low cost, & last 10 years or longer. *Replace the most heavily used lights first.*¹ LEDs provide directed light so a 40-watt equivalent can be used in a "can" fixture in place of an old 60 watt incandescent.
2. **Turn outdoor security lights off during the day.** LEDs now come with light actuated on-off switches and are generally unaffected by cold weather.
3. **Unplug that old refrigerator or freezer.** Our grandchildren can't afford for us to use the old fridge to keep our beer cold. Consolidate food into one refrigerator and keep the old fridge for emergencies or special occasions.
4. **In early AM use your whole house fan to draw in outside air.** Then shut the house up during the day. This helps during all but the hottest days. Use ceiling fans to circulate the air allowing you to turn up the thermostat and still remain cool.
5. **Closing vents and doors.** Cool only the rooms you need by closing cooling vents and doors of unused rooms.
6. **Do your chores at night or during the cool of the morning.** Wash & dry clothes, run your dishwasher, take your shower and cook meals off-peak. Better yet, dry those highly water absorbing items like towels and jeans on an outside clothesline.
7. **Wash your clothes in cold water.**
8. **Use your microwave to cook and heat food.** It uses 1/3 the energy of electric ovens. Better yet, eat cool foods on hot days.
9. **Turn your electronics completely off when not in use** If you aren't planning to use your computer or TV within the next hour, turn it off. Connecting your computer or TV to a power strip/surge protector makes it easy to disconnect. If you can't wait for start up, use the sleep mode. Screen savers do not save energy and are no longer necessary.
10. **Spread the Light!** Talk to others about using LEDs. Give away samples to friends. Ask permission to replace incandescent bulbs in your church or office.



1. If you have CFLs (compact fluorescents), wait until they fail before replacing with LEDs.