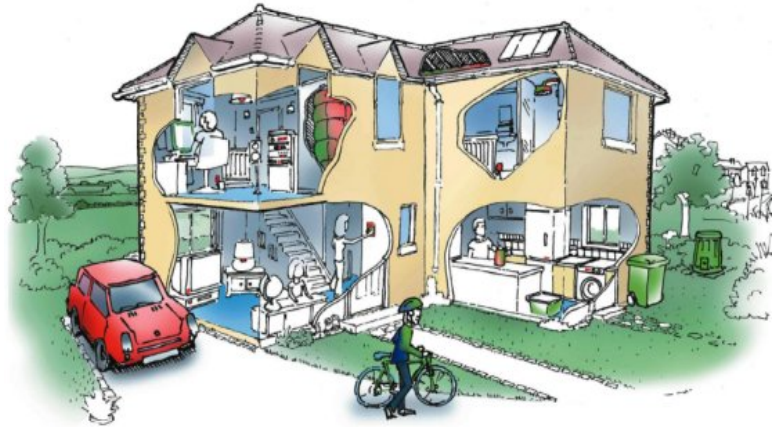


FOUR PATHWAYS FOR PERSONAL ACTION

Help solve global warming by taking action in four areas of your life: at home, when purchasing, on the go, and at work.



At Home

- Set your thermostat at no more than 68 degrees in the winter and no less than 78 degrees in the summer, cutting carbon dioxide (CO₂) by 10% to 20%.
- Keep cool with shades and blinds, cutting CO₂ by 10% to 30%.
- Replace incandescent light bulbs with compact fluorescent light bulbs, cutting CO₂ by up to 80%.
- Wrap your hot water heater with a blanket, cutting CO₂ by up to 5%.
- Install a programmable thermostat, cutting CO₂ by 10% to 30%.
- Weatherize your house by sealing doors and windows, cutting CO₂ by up to 20%.
- Get a free energy audit from the Energy Trust: learn about and adopt additional energy efficiency measures that will save energy and money and curb CO₂. Visit www.energytrust.org.
- Eat lower on the food chain. Vegetarian food takes much less energy to produce.

When Purchasing

- Buy recycled, saving energy used to make products.
- Buy local, saving energy used to transport products.
- Buy green power. Find out if your utility offers green power at www.rnp.org.
- Look for the Energy Star label when buying appliances, home electronics, lighting, heating and cooling equipment.
- When you replace your car, buy the least polluting, most fuel-efficient car that meets your needs. Visit www.epa.gov/greenvehicles.



FOR MORE INFORMATION

Suzanne Veaudry Casaus

503-222-1963 x 108

suzannevc@oeconline.org

Or visit our website: www.oeconline.org

FOUR PATHWAYS FOR PERSONAL ACTION

On the Go

- Walk or bicycle. We often jump in our cars to go a mile or less when that trip could easily be made on foot or on the world's most energy-efficient form of transportation – the bicycle!
- Take public transit. For transit information statewide, visit Trip-Check at www.tripcheck.com.
- Plan your route. Grouping your trips together will save time, money, headaches, and the environment.
- Maintain your car. Get regular oil changes, keep your vehicle well tuned, and maintain tire pressure at manufacturer specifications.
- Drive with the climate in mind. Drive smoothly, follow the speed limit, avoid rush hour, remove excess weight, remove the roof rack when not in use, use air conditioning sparingly, and avoid idling for more than 10 seconds.
- Share a ride. Commute by carpool or vanpool.
- Telecommute. Avoid commuting altogether by working at home one or more days a week.



It's Your Oregon

The Oregon Environmental Council safeguards what Oregonians love about Oregon – clean air and water, an unpolluted landscape and healthy food produced by local farmers. For nearly 40 years we've been a champion for solutions to protect the health of every Oregonian and the health of the place we call home. Our vision for Oregon includes solving global warming, protecting kids from toxins, cleaning up our rivers, building sustainable economies, and ensuring healthy food and local farms. Find out more at www.oconline.org.

At Work

Encourage your employer and coworkers to...

- Offer or use “employee commute options”: flexible work hours, telecommuting, transit subsidies or pretax benefits for using transit or ridesharing, rideshare matching and preferential parking for rideshares, cash in lieu of free parking, and bike/walk programs.
- Purchase green power.
- Reduce, reuse, recycle.
- Switch off lights and computers when not in use.
- Print double-sided.
- Get a free energy audit from the Energy Trust.
- Choose Energy Star office equipment.



Oregon Environmental Council

222 NW Davis Street, Suite 309 | Portland, OR 97209-3900
p: 503-222-1963 f: 503-222-1405 info@oconline.org www.oconline.org