

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Elec												
Gas												

For thousands of years before the industrial era, carbon concentrations in the earth's atmosphere were stable in the range of 275 parts per million. They're now at 380 ppm and rising fast. Scientists tell us we need to reduce carbon emissions by 90% of year 2000 levels to stop the rise before the climate system falls apart.

A starting point for reducing your energy consumption is monitoring your power bills. Track your current usage for 12 months and then compare with your own 2000 levels. Most utilities can also provide a graph, usually online. (Because there are other items on your bill such as excise tax and meter reading fees, you can't judge usage by the dollar total—electricity is measured in kilowatt hours (kWh), natural gas and propane are measured in therms.) You can also estimate your household driving and airplane miles. By charting your monthly energy usage, you will be in a better position to invest your energy efficiency efforts and money where it will make the most difference.

### COUNTING "CARBS"

Any serious dieter knows that you've got to count calories. If we're serious about fighting global warming, we have to start counting "carbs," as in carbon dioxide. That's one of the main ingredients causing global warming.

Use these tips to start a "low carbon" diet. And remember: saving energy isn't just good for the planet. It's also good for your pocketbook.\*

\* Adapted from "The Low Carbon Diet," by environmental defense, [www.fightglobalwarming.com](http://www.fightglobalwarming.com)

### Climate Connection: Interfaith Eco-Justice Network of the North Carolina Council of Churches and Interfaith Power and Light

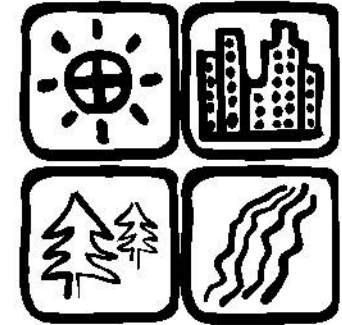
Climate Connection offers one-to-two hour "Hope Workshops on Global Warming" for congregations. The one-hour programs are suitable for adults or youth and can be cut to fit a Sunday or Sabbath School hour or a congregational supper. Two-hour programs on evenings or weekends will include a DVD documentary.

For groups of congregations in an area, we also offer Energy Audit Workshops led by a professional energy contractor. These are usually held on Saturday mornings, last 2 1/2 hours, and include a walk-through examination of the host building. There is no charge for presentations, but we ask for the privilege of taking donations.

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## CONSERVE-ATIVE VALUES

### TIPS FOR LIVING A MORE ECO-FRIENDLY, ENERGY EFFICIENT LIFESTYLE



Complete this survey to see how earth friendly your lifestyle is and to learn fun and easy conservation tips.

Nobody fails; every point you make marks a positive action you're taking to make God's Earth a healthier place for all life things.

*Then make the 10% pledge: "I will reduce my energy use by 10% in one year!"*

## Water



- I turn off water when brushing my teeth.
- I catch runoff rainwater using barrels at the downspouts of my house.
- I run only full loads in my washing machine and dishwasher.
- I have installed an efficient showerhead and low flow faucet aerators.
- The next time I buy, I plan on buying only water & energy saving appliances.
- I drink water from a reusable bottle/travel mug rather than using disposable plastic bottles.

Only 14% of disposable plastic bottles are recycled, wasting millions of barrels of oil each year to produce and transport them.

## Transportation



- I plan ahead to combine errands and avoid rush hour traffic.
- I use public transportation, walk, or bike whenever possible.
- I car pool to work, school, *worship!*
- I check my tires regularly because under-inflated tires waste gas.
- I make recreation and vacation choices that use less fossil fuels.
- I avoid aggressive driving. This increases fuel economy and decreases stress and accidents.
- The next time I buy, I plan on buying a fuel efficient vehicle (35 miles per gallon or better).

## Household



- I turn off lights when leaving a room.
- I have switched to compact fluorescent light bulbs, which last 10 times as long and use 1/4 the energy.

- I use rechargeable batteries and recycle old batteries.
- I turn off my computer and appliances when not in use.
- I purchase blocks of NC Green Power.

For only \$4.00 extra a month I can add one block of 100 kWh's of clean energy onto the electric grid, replacing 100 kWh's of conventional power.

- I caulk and weather-strip doors and windows, which can increase my house's energy efficiency by as much as 30%.
- I have declared my independence from junk mail (call 1-888-5-OPTOUT).

1 tree can consume as much as 2000 lbs. of CO2 per year. Acres of rainforests destroyed per year - 5,800.

- I turned down my hot water heater to 120°F or installed a hot water heater timer that turns my unit off at night and when I'm at work.
- I have installed a 3" insulating blanket on hot water heaters older than five years old.
- I wear warmer/cooler clothes rather than adjusting the thermostat.
- I installed a programmable thermostat or have moved my existing thermostat 3°F.

Just by turning the thermostat down 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.

## Food



- I recycle aluminum, glass, and plastic.
- I resist the use of throwaway cups, plates, utensils (or I use biodegradable versions).
- I buy organic and locally grown foods, supporting my local economy and reducing packing and shipping waists.
- I have replaced one beef meal a week.

Producing 1lb. of beef requires 16 lbs. of grain, 2500 gallon of water, and the equivalent of 1 gallon of gasoline.

## Scoring Guide



22-28 You're aware of the issues and are making the Earth a better place to live. Congratulations!



15-21 Environmental action is part of your lifestyle. You're making an impact.



8-14 You realize that your actions make a difference. There's still room to grow.



1-7 Hey, you took the quiz! You're thinking about the environment. Why not try more of the ideas suggested?

## Action:

**As a sign of my commitment to preserving the health of our people and protecting the integrity of North Carolina's ecosystems, I pledge to reduce my energy use by 10% within one year.**

Name \_\_\_\_\_

Address: \_\_\_\_\_

Faith Community/Organization \_\_\_\_\_

Email: \_\_\_\_\_

Phone \_\_\_\_\_ **Thank you!**  
**Sign and mail a copy of your pledge to us at the address on this brochure.**