

COOL LIFESTYLE Actions

Average Yearly Reduction in Pounds of CO2

	<i>Travel/Vehicles</i>	<i>Home</i>	<i>Food</i>
2,000 pounds & above			Eating lower on the food chain--2520
1,000-1,999 pounds	Reducing vehicle miles traveled--1600 Reducing air miles traveled—1500 Energy-efficient driving—1100 Living a low-car lifestyle—1000	Cutting emissions from heating—1400	
1,000 pounds or less		Staying clean with less hot water—550 Cooling your house more efficiently—400 Washing and drying clothes efficiently—360 Turning appliances all the way off—300 Washing dishes using less water and energy 225	Reduce food waste at home—500

Source: Cool Block Program, 2022

COOL HOME AND COOL WHEELS Actions: Average Yearly Reduction in Pounds of CO2

Actions That Cut	<i>Vehicles/Travel</i>	<i>Home</i>	<i>Shopping (Goods & Services)</i>
2,000 pounds and above	Buying an energy efficient car--2,500	Electrifying your home--6,000 Switching to renewable energy--5,000 Generating power from the sun--5,000	
1,000-1,999 pounds	Maintaining an efficient car--1,500	Achieving maximum energy efficiency--1,200 Tuning up your furnace—1,100 Advocating for energy efficient upgrades-1,000	Becoming a wise buyer--1,000
1,000 pounds or less		Sealing air leaks--800 Making your water heater efficient--750 Installing energy-efficient lights--625 Improving your cooling system--600 Improving your laundry system--500	Circling your economy--500

Source: Cool Block Program, 2022