

#### 4. *Have a Vegetable Garden*

Enjoy the freshest vegetables around while eliminating the energy required to transport vegetables from the farm to the store and the store to your house.

#### 5. *When You Eat Out, Support Restaurants that Buy Local*

Chefs value the quality of fresh, locally grown foods. Learn which local restaurants are buying local at the New Castle County Buy From Your Neighbor website at [www.nccde.org/neighbor](http://www.nccde.org/neighbor).

### 4 (and more) Ways to Reduce Your Transportation Footprint

#### 1. *Ride a Bike or Walk Whenever Possible*

Help the environment and improve your health at the same time! There's no better way to reduce car CO<sub>2</sub> emissions than to leave the car at home.

#### 2. *Carpool or Use Mass Transit*

Carpooling with friends and co-workers saves fuel and can lead to a more pleasant trip. Mass-transit is available in Wilmington through the DART system. For info on schedules and routes, check the DART website [www.dartfirststate.com](http://www.dartfirststate.com).

#### 3. *Buy a Hybrid or Fuel Efficient Car*

Getting the extra miles per gallon makes a big difference – you can save thousands of pounds of carbon dioxide and a whole lot of money.

#### 4. *For Ways to Reduce the Impact of the Car You Drive, Check Out the "Greening Your Car" Fact Sheet*

A special thanks to the Sierra Club & [www.StopGlobalWarming.org](http://www.StopGlobalWarming.org) for information used in this fact sheet.



**Wilmington**  
In the middle of it all

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*For more information on Wilmington's efforts to reduce its carbon footprint, see the City's climate website at [www.WilmingtonDE.gov/greencity](http://www.WilmingtonDE.gov/greencity) or contact*

*[GreenCity@WilmingtonDE.gov](mailto:GreenCity@WilmingtonDE.gov)*

# Reducing Your Carbon Footprint



*There are many things that you can do in your daily life that will reduce your impact on the environment, both in your neighborhood and in places far away. These opportunities, some very simple, can reduce carbon dioxide being released to the atmosphere and can save you money!*

*Each person and each change can make a difference!*

## 10 Ways to Reduce the Carbon Footprint of Your Home

### 1. *Replace Incandescent Lights with Compact Fluorescent Bulbs*

Focus first on replacing the bulbs that are on the longest each day. Compact fluorescents use about 1/4 the electricity to produce the same level of light, and they last about 10 times as long as incandescent bulbs. So, you not only reduce your energy use, but save money on your monthly electricity bill.

### 2. *Buy Energy Efficient Appliances and Electronics*

Look for the Energy Star label on new appliances. [www.energystar.gov](http://www.energystar.gov) provides a list of the most energy efficient products. Un-plug unused electronics; even when turned off, as long as they are plugged in, they are using electricity.

### 3. *Weatherize Your Home*

Caulk and weather strip your doorways and windows. Make sure your walls and ceilings are insulated.

### 4. *Fill the Dishwasher*

Running a full dishwasher is more efficient than washing all those dishes by hand. But it is important to run the dishwasher only when it is FULL.

### 5. *Use a Programmable Thermostat or Adjust Your Thermostat*

Using a programmable thermostat allows you to automatically adjust the temperature in your home for times when you are there, away, or asleep. Whether your thermostat is programmable or manual, moving the temperature down 2 degrees in winter and up 2 degrees in summer can save up to 2,000 lbs of CO<sub>2</sub>, as well as save you money on your heating and electricity bills.

### 6. *Check and Change the Air Filters*

Cleaning and replacing air filters allows your heating and cooling systems to run more efficiently, saving CO<sub>2</sub> and money.

### 7. *Turn Down the Temperature of your Hot Water Heater*

Turning the water heater down to 120°F, the cost to heat your water will also go down. Insulate your water heater and save even more. For a bigger investment, switch to a tankless water heater – water is heated as it is used rather than keeping a tank of hot water.

### 8. *Install Low-Flow Showerheads and Faucets*

You'll use half the water without decreasing performance. Less water means less energy to heat the water. Showers account for 2/3 of all water heating, so, take shorter showers and you'll save even more money and CO<sub>2</sub>.

### 9. *Reduce, Reuse, Recycle and Buy Recycled Products*

Producing paper, glass and metal products from recycled materials saves 70-90% of the energy over producing them from virgin materials. Recycling a 4 ft high stack of newspapers can save a good-sized tree! Of course, reusing products saves 100% of the energy of producing a new one. Use a reusable water bottle - 2.5 million individual plastic water bottles are thrown away **every hour** in the US.

### 10. *Plant a Tree*

Trees absorb CO<sub>2</sub> and give us oxygen in return. Well-placed trees can also reduce your heating and cooling bills.

## 5 Ways to Reduce the Carbon Footprint of Your Food

### 1. *Buy Local*

The average American meal travels more than 1,500 miles from the farm to the table. Buying locally both reduces the energy used to bring you food and supports local farmers. To find out where to buy food grown locally, visit the New Castle County Buy From Your Neighbor Website at [www.nccde.org/neighbor](http://www.nccde.org/neighbor).

### 2. *Buy Organic*

The chemicals used in standard agriculture pollute the water supply and require energy to produce.

### 3. *Eat Lower on the Food Chain*

The typical American diet includes a lot of meat and dairy products. Producing the food for this diet contributes an additional 3,000 lbs/year of greenhouse gases than does a vegetarian diet. Eliminating meat and dairy even one day a week can make a big difference.