

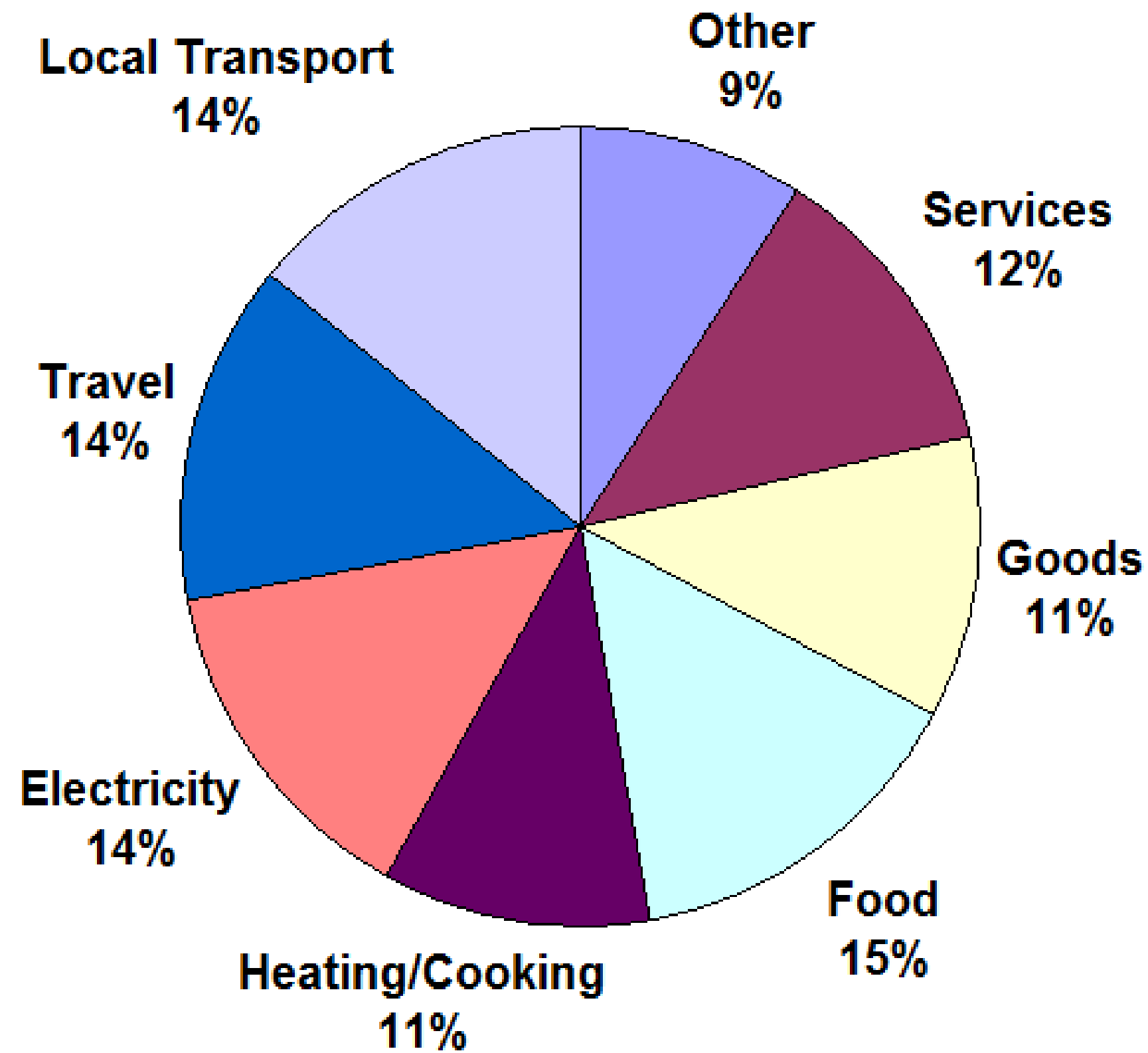
Reducing Your Carbon Footprint Through Energy Efficiency



ENERGY MASTERS



Average American's Carbon Footprint - 20 tons



Source – Dancing Rabbit Ecovillage

<https://www.dancingrabbit.org/about-dancing-rabbit-ecovillage/eco-living/cutting-our-carbon-footprint/>

Home Energy Audits

- Are you comfortable? If not, a Home Energy Audit is a good first step
- Typically costs \$350 to \$500
- Includes a blower-door test



Do It Yourself Energy Efficiency

1. Air Sealing

- Heated air/cooled air is lost through small holes & gaps – requiring more energy use to maintain comfortable conditions

2. Lighting, heating and appliances

- Incandescent bulbs produce more heat than light
- Refrigerators run more efficiently if coils are clean
- Using ideal thermostat settings and power strips effectively reduces total energy demand

3. Water Efficiency

- Leaks
- Gallons per minute of faucets/shower may be greater than required for the same performance

AIR SEALING Outlets & Switches



AIR SEALING

Outlets & Switches



AIR SEALING Plumbing Penetrations



AIR SEALING Misc Gaps

Air Ducts – *remove cover

Any heating/AC units in the apartment

Medicine cabinet gap/Electrical panel

Behind showerhead

Weatherstrip plumbing panel

***Do not caulk!**



AIR SEALING Misc Gaps

Windows and trim

Door frames (interior/exterior)



Lighting and Appliances

Replace incandescent bulbs with LEDs

Install power strip or smart power strip

Clean refrigerator coils

Use kilowatt meter to test appliances



WATER EFFICIENCY

Check for leaks

- Do dye test – place a dye tablet in the toilet tank – wait 5 minutes, if the water in the toilet bowl is blue – it has a leak

Check faucet/showerhead efficiency using water flow bag

- Place bag under faucet and turn it on
Wait 5 seconds
(see bag for instructions)
- Replace if:
 - Showerhead > 2.0 gpm*
 - Kitchen faucet > 1.5 gpm
 - Bathroom faucet > 1.0 gpm

*gallons per minute



WATER EFFICIENCY

Install low-flow
aerators

Install low-flow
showerheads



Other Ideas to Reduce Your Carbon Footprint

1 – Through our food choices

2 – Through our transportation choices

3 – By reducing, reusing, and recycling



Our Diets and Our Carbon Footprint

- Choose more plants and less meat
- Choose local foods
- Grow your own food and compost



Ways to Get Around

- Walking
- Biking
- Scooter
- Public transportation
 - Bus
 - Metro
- Car-share
- Taxi, ride-share
- Carpooling
- Hybrid vehicle
- Electric vehicle



Reduce, Reuse, and then Recycle Right

- Focus on personal reduction
- Support companies that reduce
- Reuse: start with the big three
 - Plastic bags
 - Straws
 - Water bottles
- Recycle right



Volunteer With Energy Masters

- Training offered
 - March/April – Fairfax (*new!*)
 - October/November – Arlington/Alexandria
- Volunteers commit to 25 hours serving the community
 - Weatherizing low-to moderate-income apartments
 - Engaging in outreach activities
 - Supporting Energy Masters through administrative and committee work



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