

# NWEI ECO CHALLENGE

## My EcoChallenge is: Reducing Electricity Use

Reducing your individual or household electricity use is a great way to save money and reduce your impact!

*Use this list of ideas to put your house on an electricity diet, and achieve your EcoChallenge goal of saving electricity. Remember to update your profile on the EcoChallenge website to tell your friends and family about the ways you are achieving your EcoChallenge!*

### I Will:

- turn off the lights when not in use (this may seem obvious, but a lot of people leave them on after they leave a room- be aware of turning them off during the EcoChallenge)
- unplug appliances and electronics when not in use, many of them still draw electricity even when they are turned off (laptops, cell phone chargers, etc. all use power when plugged in)
- plug my appliances (computers, toaster ovens etc.) into a power strip and turn it off in between uses
- wash clothes on the cold water setting and dry them outside on the line
- unplug my television, DVD, and VCR when not in use, and will cut my television time in half
- purchase a solar charger and use it to charge my appliances such as cell phone, ipod, camera
- replace incandescent light bulbs with compact fluorescents (CFLs) or LEDs

*“Phantom Power” can account for as much as 10% of a home’s annual electricity bill*

### Additional Electricity Saving Tips:

Find out if your utility company allows you to purchase clean energy from low-impact sources such as wind, solar, hydroelectric, and geothermal power.

Naturally heat and cool your house using ceiling or standing fans, use blinds in summer, and curtains in winter

Insulate your water heater & pipes

When replacing appliances such as refrigerators, ovens, and microwaves look for power efficient models

Replace inefficient central heating units, repair badly insulated windows, and fix your roof to retain heat in the winter

Install a home alternative energy system (e.g. photovoltaic or solar electric systems)

Building a new house? Look into building one that specifically specializes in sustainability and efficiency


'Offset' your environmental footprint with renewable energy credits (RECs)

Pedal Powered Generators allow you to make your own power individually

([http://www.treehugger.com/files/2006/03/pedal\\_powered\\_p.php](http://www.treehugger.com/files/2006/03/pedal_powered_p.php))



98% of U.S.  
power comes  
from non-  
renewable  
sources



### Looking for more precise information on your electricity consumption?

If you are interested in the breakdown of your electricity and want to thoroughly investigate your home, habits, and usage calculations please consider an electricity audit either with a professional or with freely available online tools.

### Still want more information? Check out these resources:

If you are considering 'offsetting' your electricity use with energy credits, a recognized and respected certifier of green energy credits is [Green-e](http://www.green-e.org): <http://www.green-e.org>

When looking for new appliances check this site out: [low electricity options](http://oahu.lbl.gov/cgi-bin/search_data.pl)  
[http://oahu.lbl.gov/cgi-bin/search\\_data.pl](http://oahu.lbl.gov/cgi-bin/search_data.pl)

[Info on green lighting: http://planetgreen.discovery.com/go-green/green-lighting/index.html](http://planetgreen.discovery.com/go-green/green-lighting/index.html)

Measure your carbon footprint & find ideas for reductions: [www.Climateculture.com](http://www.Climateculture.com)

### A Short Story of the Kilowatt-hour (kWh)

1 kWh will allow you to cook 20 microwavable dinners, listen to 15 CD's, use a small refrigerator for 24 hours, drill 250 holes

1 kWh produced with fossil fuel = 1.5 pounds of CO<sub>2</sub>

The average American uses 600-800 kWh each month

1kWh costs 8.65 cents in Oregon costs (on average in the U.S. 1kWh=11.59 cents)

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