

January: Cozy up to energy savings

Did you know: Home heating is the largest energy expense for the average home in the United States. (Energy.gov)

Here are ways I resolve to save with my family and friends:

1) Set ceiling fans to rotate clockwise, blowing rising hot air back down to the occupied space—you may then find you don't need to set the thermostat as high as you would otherwise.

(Energy.gov)

2) Turn the thermostat back 10-15°F for eight hours when you're asleep or out of the house. If you do the same in the summer (backing off the a/c) you could save around 10% a year on your heating and cooling bills. (Energy.gov)

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February: Reduce and reuse while out on the town

Did you know: According to the National Park Service, Americans use 500 million drinking straws every day—that's enough to fill more than 125 school buses with straws each day, or 46,400 buses every year. ([National Park Service](#))

Here are ways I resolve to save with my family and friends:

- 1) Bring reusable bags when you go shopping. These bags tend to be more durable, and in certain localities can save you a few cents on your final bill. ([DC DOEE](#))
- 2) Skip the straw! When ordering a beverage at a restaurant or bar, ask for your drink to come without a straw.
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March: Render out your dollars in the kitchen

Did you know: The USDA Economic Research Service calculated that in the US in 2010, 133 billion pounds of food, almost 1/3 of the available food supply, went uneaten. The majority of this food loss occurred at the consumer level. ([USDA ERS](#))

Here are ways I resolve to save with my family and friends:

- 1) Make educated choices about what to toss and what to keep among your leftovers to avoid throwing away good food. [This chart from USDA tells you when to say goodbye to different refrigerated foods.](#)
- 2) Spread the wealth! In 2014, 14% of Americans had difficulty providing enough food to all members of their family at some point in the year. If you have non-perishable items in your pantry that you do not plan to eat, [bring them to a local food bank.](#)
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April: Clean out your closet, not your wallet

Did you know: Water heating consumes about 90% of the energy it takes to operate a clothes washer. Unless you're dealing with an oily stain, cold water will work just as well to clean your clothes for a fraction of the energy use.
([ENERGY STAR](#))

Here are ways I resolve to save with my family and friends:

1) Switch to cold water wash, and make sure to wash and dry using full loads. By using exclusively cold water to wash your clothes, you can save about \$66 annually in energy costs.

([ENERGY STAR](#))

2) Cleaning out your HVAC system's air filter reduces its energy consumption by 5-15%. As an air filter becomes clogged with dust and debris, your HVAC system has to work harder to push air through, pulling more costly energy, and potentially leading to expensive maintenance needs. Regular cleanings can help mitigate these problems. ([ENERGY STAR](#))

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May: Look for windfalls in the garden

Did you know: Outdoor residential use accounts for nearly 9 billion gallons of water per day in the United States, primarily for landscape irrigation. The average US household uses more water for outdoor purposes than for showering and clothes washing combined. ([EPA WaterSense](#))

Here are ways I resolve to save with my family and friends:

- 1) Experts estimate that 50% of the water used outside is wasted due to evaporation, wind, or runoff from overwatering. Avoid overwatering your lawn and wasting water by checking to see if the grass really needs it. If the grass springs back after you step on it, it doesn't require more water. ([EPA WaterSense](#))
- 2) Go native! Planting regionally-appropriate, native plants that have evolved with your local climate will reduce the need for additional watering outside of your typical seasonal precipitation. These plants will also need less fertilizer and will be more resistant to pests. ([EPA WaterSense](#))
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June: Put the pedal to the metal on fuel savings

Did you know: Burning one gallon of gasoline produces about 20 pounds of carbon dioxide, a greenhouse gas. ([EIA](#))

Here are ways I resolve to save with my family and friends:

- 1) Don't drive aggressively—in addition to being unsafe, speeding, rapid acceleration and sharp braking wastes gas, lowering the car's gas mileage by 15-30% at highway speeds and 10-40% in stop-and-go traffic. ([Fueleconomy.gov](#))
- 2) Try to pack your luggage and other belongings inside of the vehicle, rather than on the vehicle's roof. A blunt roof-top cargo box can reduce fuel economy by 10-25% at Interstate speeds. ([Fueleconomy.gov](#))
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July: Put your energy bill on ice

Did you know: Two-thirds of all US homes have air conditioners, and the residents of these homes spend a total of \$11 billion each year to power their cooling systems. (Energy.gov)

Here are ways I resolve to save with my family and friends:

1) Turn on the ceiling fan—by using a ceiling fan, you can raise the thermostat setting by about four degrees without impacting your comfort. (Energy.gov)

2) When you leave the room, turn off that ceiling fan! Fans create a wind-chill effect that gives you a sensation of being cooler without changing the actual temperature of the room. Fans cool people, not rooms, so leaving one on after you leave won't have any effect on comfort—and it's a waste!
(Energy.gov)

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August: Ride the wave of water savings

Did you know: Each day in the United States, about 27.4 billion gallons of water are withdrawn and delivered from surface water and groundwater sources for residential use, which includes water for drinking, washing clothes, flushing toilets, watering lawns, and more. ([USGS](#))

Here are ways I resolve to save with my family and friends:

- 1) By switching to a WaterSense labeled showerhead, the average family can save 2,700 gallons of water and 330 kilowatt hours of electricity annually, or the amount it takes to power a house for 11 days. ([EPA WaterSense](#))
- 2) Calculate your water footprint to see where you and your family may be able to reduce your water use with the GRACE water calculator. [Calculate your footprint.](#)
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September: Leave no trace

Did you know: The National Parks Conservation Association reported that 100 million pounds of trash were thrown away at just three national parks (Denali, Grant Teton, and Yosemite) in 2015. ([NPCA](#))

Here are ways I resolve to save with my family and friends:

1) By packing out what you take into America's public lands, you can make a big difference. Recycling just three plastic bottles saves enough energy to power a laptop for more than seven hours. ([US EPA](#))

2) When nature calls while you're out in nature, take care! Deposit solid human waste in holes dug six to eight inches deep, and at least 200 feet from water, camp, and trails, to minimize the impact on nearby habitat and water sources. ([REI](#))

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October: Save on the job

Did you know: Office buildings such as banks and professional and government offices accounted for 14% of energy consumption across the commercial sector in 2012. ([EIA](#))

Here are ways I resolve to save with my family and friends:

- 1) Use paperclips over staples whenever possible—paperclips are reusable, allowing you to reduce your use of single-use resources. ([US EPA](#))
- 2) Change your printer settings to make double-sided pages whenever possible, cutting your paper use in half. ([US EPA](#))
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November: Participate in America Recycles Month!

Did you know: The recycling rate in the US has increased from recovery of less than 10% of generated waste in 1980 to more than 34.5% in 2014. ([US EPA](#))

Here are ways I resolve to save with my family and friends:

- 1) Look for local recycling options for electronics before discarding them. Many electronics stores will accept old computers, phones, and televisions to recycle for free. ([Best Buy](#))
- 2) Recycle non-traditional materials. Did you know carpets can be recycled? Check out search.earth911.com to find more recycling solutions near you!
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- 4)

December: Give the gift of conservation

Did you know: Americans throw away 25% more trash in the Thanksgiving to New Year holiday period than they do in any other time of year. ([US EPA](#))

Here are ways I resolve to save with my family and friends:

- 1) Give a gift that doesn't require packaging, like a trip to a park! [Find your park.](#)
- 2) When decorating, opt for energy-efficient LED lighting. These bulbs require 1/50th the electricity of conventional lights, and last for 20-30 years. ([US EPA](#))
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