

# January: Cut down on energy costs with simple, cozy tweaks

*Did you know? Heating is the largest energy expense for the average home in the United States. ([Energy.gov](#))*

## Resolve to save:

1. Set your ceiling fan to spin counterclockwise to blow rising hot air back down towards you. ([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 can save around 10% per year on your heating and cooling bills. ([Energy.gov](#))
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# February: Soak up savings in the kitchen

*Did you know? The average American family spends more than \$1,000 per year in water costs, but can save more than \$380 by switching to WaterSense labeled fixtures and ENERGY STAR qualified appliances. ([EPA WaterSense](#))*

## Resolve to save:

1. Put down the gloves! Wash dishes in an ENERGY STAR qualified dishwasher instead of by hand to cut utility bills by more than \$100 per year, and to save yourself more than 230 hours of personal time annually. ([ENERGY STAR](#))
2. Your dishwasher will use about the same amount of energy and water per cycle, regardless of how much you fill it. Make the most of that energy, water, and utility cost by running full loads as much as possible. ([ENERGY STAR](#))
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# March: Power down during spring cleaning

*Did you know? In 2019, the average household in the US spent more than \$1,300 per year on electricity. ([EIA](#), [EIA](#))*

## Resolve to save:

1. Having a light bulb moment? Switch the five most-frequently used lights or bulbs in your home for ones that have earned the ENERGY STAR label, and you can save about \$45 each year. ([Energy.gov](#))
2. Use warm or cold water to do the laundry instead of hot. About 90% of the energy it takes to operate a washing machine comes from heating the water, and unless you're dealing with an oily stain, washing in cold water will generally do a good job of cleaning. ([ENERGY STAR](#))
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# April: Give conservation some roots

*Did you know? Outdoor residential use accounts for nearly 9 billion gallons of water per day in the United States, primarily for landscape irrigation. ([EPA Watersense](#))*

## Resolve to save:

1. Cutting it close? Raise the blade on your mower to let the longer blades of grass shade each other. Aside from cutting down on weeds, this shade reduces evaporation from the plants, meaning the lawn requires less watering from you. ([EPA Watersense](#))
2. Check to make sure your sprinkling system is working correctly before the watering season begins. Just one broken sprinkler head can waste 25,000 gallons of water and more than \$90 over the course of six months. ([EPA Watersense](#))
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# May: Waste not, want not

*Did you know? It takes 90% less energy to make aluminum out of recycled scrap than it does to make it from "scratch" (from bauxite ore). The energy saved from recycling one aluminum can saves enough energy to power a laptop for 5.2 hours. ([EIA](#), [EPA](#))*

## Resolve to save:

1. When it's time to replace an item in your home, consider buying used! There are many attractive vintage items available for purchase, and opting to reuse rather than buy new reduces the amount of waste that will need to be send to landfills. ([EPA](#))
2. Instead of printing hard copies of your documents, save them to your hard drive or email them to yourself to save paper, and save yourself money on office supplies! ([EPA](#))
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# June: See green at the pump this summer

*Did you know? Burning one gallon of gasoline produces about 20 pounds of carbon dioxide, a greenhouse gas. ([FuelEconomy.gov](http://FuelEconomy.gov))*

## Resolve to save:

1. Obey posted speed limits. Generally speaking, gas mileage quickly drops at speeds over 50 miles per hour. While costs vary depending on the vehicle, you can assume that every 5 mph you drive over 50 mph is like paying an additional \$0.15 per gallon of gas. ([FuelEconomy.gov](http://FuelEconomy.gov))
2. Don't drive aggressively! On top of being unsafe, speeding, rapid acceleration, and sharp braking waste gas, thus lowering the car's gas mileage by 15-30% at highway speeds. ([FuelEconomy.gov](http://FuelEconomy.gov))
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# July: Put your cooling bills on ice

*Did you know? Two-thirds of all US homes have air conditioners, and the residents of these homes spend a total of \$29 billion each year to power their cooling systems. ([Energy.gov](https://www.energy.gov))*

## Resolve to save:

1. Turn on the ceiling fan in a clockwise direction. By using a ceiling fan, you can raise the thermostat setting by four degrees without sacrificing your comfort. Just make sure to shut it off when you leave the room! ([Energy.gov](https://www.energy.gov))
2. Regularly clean and replace your cooling unit's air filter to lower the unit's energy consumption by 5-15%. This is the quickest way to save energy on home cooling! ([Energy.gov](https://www.energy.gov))
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# August: Kick fuel savings into high gear

*Did you know? In 2018, greenhouse gas emissions from transportation accounted for 28% of total US greenhouse gas emissions. ([EPA](#))*

## Resolve to save:

1. If you're idling your car for more than 10 seconds, you're likely using more fuel than you would to turn the engine off and restart it. ([Energy.gov](#))
2. Check your tires regularly. Under-inflated tires wear more quickly and can lower gas mileage by about 0.2% for every 1 psi drop in the average pressure of all tires. ([FuelEconomy.gov](#))

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# September: Take strides to reduce your carbon footprint

*Did you know? Ten to 14% of personal vehicle trips made during peak morning commuting hours are taking kids to school. ([Transportation.gov](https://www.transportation.gov))*

## Resolve to save:

1. Walk or bike to school if possible, or ride the bus instead of driving. If driving is necessary, create a neighborhood carpool! Not headed to school? Consider using mass transit to get to where you need to go. *(Please check the latest [CDC guidance on COVID](https://www.cdc.gov/covid19/transportation) before carpooling or using mass transit.)*
2. If you have several errands to take care of, plan out how to complete them in one trip. A warm engine has better fuel economy than a cold one, meaning you can save fuel and money by combining trips into one multi-purpose venture rather than multiple trips taken separately. ([FuelEconomy.gov](https://www.fueleconomy.gov))
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# October: Reduce water use and drink up the savings

*Did you know? The average American family uses more than 300 gallons of water per day at home. ([EPA WaterSense](#))*

## Resolve to save:

1. Address leaky faucets as soon as possible. While they may seem like just a nuisance, a leaky faucet that drips at a rate of one drop per second can waste more than 3,000 gallons per year. ([EPA WaterSense](#))
2. Up for a challenge? [Calculate your water footprint](#) and get ideas for reducing your water use at home. See if you can conserve enough water to beat the national average of water use!
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# November: Go above and beyond traditional recycling

*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% in 2014. ([EPA](#))*

## Resolve to save:

1. Think beyond paper and plastic. If you have old electronics on your hands, look for local recycling options. Many electronics stores will accept old computers, phones, appliances, and television sets to recycle for free. ([Best Buy](#))
2. Recycle non-traditional materials. Did you know carpets can be recycled? What about old household furniture? Check out [search.earth911.com](http://search.earth911.com) to find more recycling solutions near you!
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# December: Celebrate 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. ([CDC](#))*

## Resolve to save:

1. Give a gift that requires no packaging, like a trip to a local park, wetland, or reserve!
2. When decorating, opt for energy-efficient LED lighting. These bulbs consume 80% less energy than their traditional counterparts, and they last 25 times longer. ([Energy.gov](#))
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