

## Lights

- Americans buy 2.2 million light bulbs every day.
- 20% of the electricity in America is used for lighting.
- Lighting represents about 5-10% of a home's electricity use.
- The five light fixtures that use the most electricity in a home are typically the kitchen ceiling light, the living room table and floor lamps, bathroom vanity, and outdoor porch or post lamp.
- Appliances account for 20% of a home's electricity use. For average examples, an alarm clock uses 88 kWh/year, a computer uses 394 kWh/year, and a refrigerator uses 1,200 kWh/year.

## Solutions

- Compact fluorescent bulbs use one-quarter the energy of regular incandescent bulbs and last 10 times longer.
- If every American home replaced just one light bulb with a compact fluorescent light bulb, we would save enough energy to light more than 3 million homes for a year, more than \$600 million in annual energy costs, and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars.
- Replacing six incandescent bulbs with compact fluorescents reduces CO2 emissions by 566 pounds a year.
- Unplugging TVs, DVD players, game consuls, and other electronics when not in use can reduce your carbon footprint by 500 pounds of CO2 per year.
- Recycling one aluminum pop can saves enough energy to run a 100-watt bulb for 20 hours, a computer for three hours, or a TV for two hours.
- Recycling one plastic bottle saves enough energy to power a computer for 25 minutes.

## Water

- On average, a 10-minute shower uses 25 gallons of water, which takes 3.22 kilowatts of electricity to heat.

## Solutions

- Shower water use can be reduced by about 50 percent simply by replacing the conventional shower head with an energy-efficient model.

**Energy**

- Vehicles on the road are the largest contributor to our carbon footprint.
- On average, fresh produce travels 1,500 miles from farm to plate.
- Every mile you drive creates about one pound of greenhouse gases - the cause of global warming.

**Solutions**

- Plan ahead so you can do two errands in one car trip instead of two. If your family needs to drive to the grocery store and the hardware store this week, link the trips into one round trip. That's less time sitting in the car and in traffic, and more time doing something else.

**Websites/Resources**

- Seattle City Light <http://www.seattle.gov/light/conserves/globalwarming/>
- Get Energy Active <http://www.getenergyactive.org/wisely/tips.htm>
- EPA Kids Site: Global Warming and Climate Change <http://www.epa.gov/climatechange/kids/index.html>
- Kids Carbon Footprint Calculator [http://www.zerofootprintkids.com/kids\\_home.aspx](http://www.zerofootprintkids.com/kids_home.aspx)
- Climate Change and Our Planet from NOAA <http://www.education.noaa.gov/tclimate.html>
- US EPA Climate Change <http://epa.gov/climatechange/index.html>

Adapted from Seattle City Light's website.