

Things you can do to help stop global warming:

pull the plug

Televisions, computers, VCRs, electronic equipment and appliances use electricity for clocks and instant-on features when turned off. In addition, turn off lights that aren't really needed or are in unoccupied rooms.

use the microwave

A microwave uses a fifth of the power to cook the same things as a large electronic oven does, and less than half as much as a frying pan, toaster or gas oven.

turn off the computer

Modern computers are safe to turn on and off frequently, so shut it off at night and when leaving for a few hours. Additionally, most PCs come with power-saving features. Make sure these features are activated.

get rid of halogen torchieres

Although inexpensive to buy, halogen torchiere lamps are expensive to operate, and dangerous. A single 300-watt bulb can cost over \$100 in electricity a year.

wash clothes in cold water

Heating wash water uses 90% of the energy involved in washing clothes. Cold water washes dramatically reduce the impact on the environment and your wallet.

Buy organic and locally grown food

Organic food is better for you and the environment. Farmers markets are especially climate friendly because of reduced transportation costs and they support local farms. There are farmer's markets in Cambridge, Somerville, Belmont and Arlington

walk more

Choose to walk, carpool or take the T, even if only once a week – this small change will make a huge difference to the environment.

drive smart

Turn off the car instead of idling. Keeping tires properly inflated improves gas mileage. Driving at 55 mph (at 70 mph you get half the fuel economy as at 55 mph) saves carbon.

plant a tree

A single tree will absorb one ton of carbon dioxide over its lifetime.

be a climate conscious consumer

Go carbon neutral by purchasing carbon credits – <http://www.carbonfund.org>
Learn to reduce your ecological footprint – <http://www.myfootprint.org>
Consider making your next car purchase a hybrid – <http://www.hybridcars.com>