

# THE GREEN INSTITUTE

## Carbon Reduction Resources:

As we all look for ways to lose unwanted pounds of carbon, we thought we could provide some resources. ...Enjoy your carbon diet and save money!



### Home Energy

#### *No-Cost*

- Wash clothes in cold water
- Take shorter (5 minute) showers
- Set hot water heater to 120 degrees F or less
- Turn off lights and electronics when not in room/use a power strip
- Unplug and recycle refrigerator/ freezer that is not heavily used
- Set air conditioning thermostat up 2 degrees
- Set furnace thermostat down 2 degrees
- Close all doors and windows in the house when using a central room air conditioner
- Sign up
- Turn off central air conditioner and use window fans to move cool night air into the house and close windows in the morning to keep the cool air in
- Recycle the basics – newspapers, bottles & cans
- Try composting. Set up a backyard or worm compost bin while the weather is nice and its convenient
- Do not rinse dishes before putting them in the dishwasher

#### *Low-Cost*

- Install door sweeps
- Install aerators on faucets
- Replace five most used lights with compact fluorescent lights (CFLs)
- Install a programmable thermostat and program it
- Put foam gaskets behind outlet plates
- Wrap hot water pipes
- Switch to LED holiday lights

#### *Higher Cost*

- Air seal and weather strip leaks in building envelope to prevent energy loss
- Insulate attic wall
- Install energy efficient appliances (Look for Energy Star label)

**[WWW.GREENINSTITUTE.ORG](http://WWW.GREENINSTITUTE.ORG)**

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### Energy Links:

Clean Energy Resource Teams (CERTs)  
[www.cleanenergyresourceteams.org](http://www.cleanenergyresourceteams.org)

Eureka Recycling  
[www.eurekarecycling.org/](http://www.eurekarecycling.org/)

The Green Institute  
[www.greeninstitute.org](http://www.greeninstitute.org)

Neighborhood Energy Connection  
[www.thenec.org/](http://www.thenec.org/)

Minnesota Center for Energy and the Environment  
[www.mncee.org](http://www.mncee.org)

Minnesota Office of Energy Security  
[www.energy.mn.gov](http://www.energy.mn.gov)

Minnesota Energy Challenge  
[www.mnenergychallenge.org/](http://www.mnenergychallenge.org/)



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## Carbon Reduction Resources:



### Transportation

- Drive fewer miles per week by combining trips, walking or biking
- Carpool or take public transportation
- Save 10% on fuel costs by maintaining tire pressure, driving sensibly, obeying the speed limit and avoiding quick starts and stops
- Replace car with more fuel efficient or hybrid one

### Diet

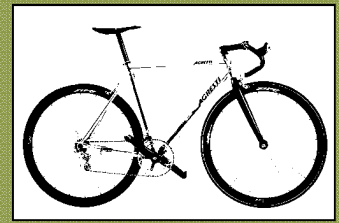
- Eat organic foods
- Eat less meat
- Buy local foods
- Grow your own food
- Join a community garden
- Shop at food coops

### General Resources

- Do It Green: Regularly updated directory of businesses and resources in the Twin Cities for the environmentally conscious ([www.doitgreen.org](http://www.doitgreen.org))
- Annual Living Green Expo between May 2 and 3, 2009 at the Minnesota State Fair Grounds ([www.livinggreen.org](http://www.livinggreen.org))
- Next Step: Minnesota Pollution Control Agency (MPCA)'s resource for sustainable community topics ([www.nextstep.state.mn.us/](http://www.nextstep.state.mn.us/))
- Reduce: MPCA's information resource on reducing one's waste ([www.reduce.org](http://www.reduce.org))
- Minnesota Renewable Energy Society: Advocacy and education on renewable energy technologies ([www.mnrenewables.org/](http://www.mnrenewables.org/))
- Alliance for Sustainability: Promotes sustainability pathways and practice ([www.afs.nonprofitoffice.com/](http://www.afs.nonprofitoffice.com/))
- Recycling Association of Minnesota: Advocacy and education on resource conservation through waste prevention, reuse, recycling, composting and purchasing practices

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### Transportation Links:

Twin Cities Bike/Walk Week  
[www.bikewalkweek.org](http://www.bikewalkweek.org)

Transit for Livable Communities  
[www.tlcmnnesota.org](http://www.tlcmnnesota.org)

Midtown Greenway Coalition  
[www.midtowngreenway.org](http://www.midtowngreenway.org)

Twin Cities Bicycling Club  
[www.biketcbc.org/](http://www.biketcbc.org/)

Hour Car  
[www.spnec.org/hourcar](http://www.spnec.org/hourcar)



### Diet Links:

Minnesota Grown  
[www2.mda.state.mn.us/webapp/mngrown/mngrown\\_default.jsp](http://www2.mda.state.mn.us/webapp/mngrown/mngrown_default.jsp)

Buy Fresh, Buy Local  
[www.foodroutes.org/buylocal.jsp](http://www.foodroutes.org/buylocal.jsp)

Gardening Matters  
[www.gardeningmatters.org/](http://www.gardeningmatters.org/)

Twin Cities Natural Food Coop  
[www.twincitiesfood.coop/](http://www.twincitiesfood.coop/)

Land Stewardship Partnership  
[www.landstewardshipproject.org/](http://www.landstewardshipproject.org/)

Institute for Agriculture Trade and Policy – Food  
[www.iatp.org/](http://www.iatp.org/)

Heartland Food Network  
[www.mnproject.org/food-heartland.html](http://www.mnproject.org/food-heartland.html)

Edible Twin Cities  
[www.edibletwincities.com](http://www.edibletwincities.com)