

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 for central air cycling program
- 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)



Energy Links:

Clean Energy Resource Teams (CERTs)
www.cleanenergyresourceteams.org

Eureka Recycling
www.eurekarecycling.org/

The Green Institute
www.greeninstitute.org

Neighborhood Energy Connection
www.thenec.org/

Minnesota Center for Energy and the Environment
www.mncee.org

Minnesota Office of Energy Security
www.energy.mn.gov

Minnesota Energy Challenge
www.mnenergychallenge.org/



WWW.GREENINSTITUTE.ORG

2801 21ST AVE S
STE 110
MPLS, MN 55407
T 612-278-7100
F 612-278-7101



THE GREEN INSTITUTE

Carbon Reduction Resources:



Transportation

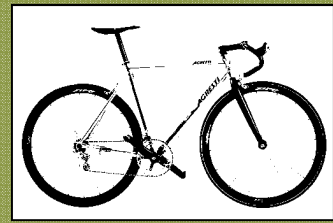
- Drive fewer miles per week by combining trips, walking or biking
- Carpool or take public transportation
- Save 10% on fuel costs by maintaining tire pressure, driving sensibly, obeying the speed limit and avoiding quick starts and stops
- Replace car with more fuel efficient or hybrid one

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



Transportation Links:

Twin Cities Bike/Walk Week

www.bikewalkweek.org

Transit for Livable Communities

www.tlcmnnesota.org

Midtown Greenway Coalition

www.midtowngreenway.org

Twin Cities Bicycling Club

www.biketcbc.org/

Hour Car

www.spnec.org/hourcar



Diet Links:

Minnesota Grown

www2.mda.state.mn.us/webapp/mngrown/mngrown_default.jsp

Buy Fresh, Buy Local

www.foodroutes.org/buylocal.jsp

Gardening Matters

www.gardeningmatters.org/

Twin Cities Natural Food Coop

www.twincitiesfood.coop/

Land Stewardship Partnership

www.landstewardshipproject.org/

Institute for Agriculture Trade and Policy – Food

www.iatp.org/

Heartland Food Network

www.mnproject.org/food-heartland.html

Edible Twin Cities

www.edibletwincities.net



WWW.GREENINSTITUTE.ORG

2801 21ST AVE S
STE 110
MPLS, MN 55407
T 612-278-7100
F 612-278-7101