

Personal Energy Action Plan

Please choose actions below as your pledge to become more Energy Aware

Highest-Impact Solutions

Clean Energy

- ☐ Install solar panels on your property
- ☐ Participate in a community solar program
- ☐ Enroll in your electricity provider's green power program



Estimated Savings

\$1,180

Annual electricity savings from a typical rooftop solar system¹

Clean Transportation

- ☐ Drive an electric vehicle
- ☐ Walk or bike more
- ☐ Telecommute when possible



\$1,020

Annual gasoline savings with an electric vehicle (maintenance cost savings not included)²

Plant-Rich Diet

- ☐ Choose one meatless day per week
- ☐ Choose three meatless days per week
- ☐ Eat Vegetarian or Vegan



\$1,100

Annual food cost savings per household with 50% reduction in meat consumption³

Reduced Food Waste

- ☐ Don't overbuy food and consume leftovers
- ☐ Compost food waste



\$1,350

Annual amount spent by U.S. household of 4 on uneaten food⁴

Fly Less

- ☐ Avoid flying when possible, explore alternatives like trains or video conferencing



\$1,050

Avoided cost of three domestic U.S. flights⁵

¹ US Energy Information Administration, Electric Power Monthly; US Environmental Protection Agency, Greenhouse Gas Equivalencies Calculator; EnergySage

² US Environmental Protection Agency, Household Carbon Footprint Calculator; US EIA, US Retail Gasoline and Diesel Prices; US DOE/EPA, fueleconomy.gov

³ Berkeley Institute of the Environment, CoolClimate Network Household Calculator

⁴ Natural Resources Defense Council, Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill; United Nations Food and Agriculture Organization

⁵ New York Times, Carbon Tonnage Compared; US Bureau of Transportation Statistics, Average Domestic Airfares

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More Solutions

Home

Appliances and Devices | 26% of average home electricity usage

- ☐ Replace appliances and electronics with energy-efficient ones, like ENERGY STAR products
- ☐ Prevent “vampire devices” from wasting energy in your home by unplugging devices, turning off power strips, and using devices with efficient standby modes

Heating and Cooling | 25% of average home electricity usage

- ☐ Ensure your home is properly insulated and air sealed to prevent energy waste
- ☐ Use your home heating/cooling system efficiently with a smart thermostat or by turning the thermostat up a few degrees on cooling days and down a few degrees on heating days

Lighting | 9% of average home electricity usage

- ☐ Change the light bulbs in your home to LEDs, especially the ones you use most

Heated Water | 9% of average home electricity usage

- ☐ Conserve hot water use by washing laundry in cold water, using the dishwasher efficiently, or taking shorter showers
- ☐ Install a solar or tankless water heater and water-efficient toilets, faucets, showerheads and washers, like WaterSense products

Mobility

- ☐ Avoid rapid acceleration, keep your engine’s RPMs low, and maintain proper tire inflation
- ☐ Take public transportation and carpool when possible

Materials

- ☐ Buy long-lasting products
- ☐ Reduce unnecessary purchases
- ☐ Reuse or donate what you can, and recycle or compost when possible

Other

- ☐ Choose your own energy-saving action: _____