

PERSONAL ENERGY 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

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

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: _____