

Suggestions for Honoring God's Creation

HOME



Heaven is my throne, and earth is my footstool: what house will ye build me?

Acts 7:49, KJV

10 Ways to Start

1. **Audit Yourself.** Take that first step! An energy audit can help you save up to 30 percent on your energy bills. You can halve your energy costs by changing a few simple behaviors.
2. **Sleep.** Activate the “sleep” mode on your home office equipment. Use laptops rather than desktops when possible.
3. **Program.** Purchase a programmable thermostat and use it to turn on heat or a/c just before you wake up or come home.
4. **Turn it On.** Use fans instead of your air conditioner. It costs sixteen times more to run a room air conditioner than a ceiling fan; it costs forty-three times more to run a central air conditioner than a ceiling fan.
5. **Turn it Off.** Turn off lights, TVs, stereos, and computers when leaving the room.
6. **Turn it Down/Up.** Adjust the thermostat up three degrees in summertime and down three degrees in wintertime—saving \$200 per year!
7. **Drink the Tap.** About 80 percent of plastic waste ends up in landfills—including 60 million plastic water bottles a day. Try tap water instead.
8. **Insulate.** If your water heater is not insulated, about three-quarters of energy used may be wasted. Not sure if your water heater needs to be insulated? If it's hot to the touch, you need a water heater jacket.
9. **Line Dry.** Hang clothes on the line to dry. (Even once a week helps!)
10. **Caulk.** Add caulk between window frames, doorframes, and walls to reduce the loss of inside air.



More Tips

11. Consider downsizing. Twenty-three percent of the new homes in America are more than 3,000 square feet. The bigger the house, the more resources it consumes.
12. Only do full loads when using the dishwasher, clothes washer, and dryer.
13. Turn your refrigerator and freezer to a warmer setting.
14. Reduce shower time by at least two minutes.
15. Close curtains at night during the winter and on hot days in the summer.
16. Switch to energy-saving light bulbs, which use about one-quarter the energy of standard light bulbs and last up to ten times longer.

17. Replace furnace and air-conditioning filters at least three times a year.
18. Turn down the temperature on your water heater to 120 degrees.
19. Add storm windows or use plastic film kits to improve single-pane windows. Replace inefficient windows.
20. Insulate hot water pipes.
21. Install motion sensors, dimmers, and timers for indoor and outdoor lighting.
22. Decide what you want before you open the door—refrigerator gazing can cost \$30–\$60 per year.
23. Put hot food in a cold-water bath or place it outside in cold weather before refrigerating, so less energy is required to keep it cool.
24. Keep your refrigerator and freezer full. Doing so uses less energy because less cooling is lost each time you open the refrigerator. Defrosting food in the refrigerator also keeps the refrigerator cooler.
25. Unplug extra refrigerators (such as those in your garage or basement) when not in use.
26. Make your own homemade cleaning products. Visit www.blessedearth.org for recipes.
27. About 25 percent of the water supplied to the average American home is used for showers. Installing a low-flow showerhead can save a family of four 350 gallons of water each week—about \$73 per year.
28. As much as 40 percent of our drinking water is flushed down toilets. Flush once less per day and you will save as much water as the average person in Africa uses all day for drinking, cooking, bathing, and cleaning.
29. Turn off the faucet while you brush your teeth. If every American used one gallon of water less per day, we would save more than 100 billion gallons per year.
30. Avoid disposable products. Two billion disposable razors end up in landfills annually.
31. Switch to organic makeup and natural healthcare products.
32. Buy clothes from secondhand stores. After food, clothing has the highest environmental impact of any consumer activity.
33. Close the fireplace damper when not in use. An open damper can allow 8 percent of your home's heat to go up the chimney. In the summer, an open damper can add about \$100 to your cooling costs.
34. Eliminate the source of temptation: the average household could save \$1,400 per year by banning mail-order catalogs from the house. To decline unsolicited credit card offers, visit www.optoutprescreen.com.
35. Replacing existing office equipment with Energy Star-qualified products can cut annual energy bills by 30 percent.
36. Get rid of phantom loads. In the average household, eight appliances are left on standby mode at any one time. The typical TV is left on standby seventeen hours per day.
37. Wash clothes in cold water. About 80 percent of the energy used to wash clothes goes toward heating the water.
38. Pre-cycle and avoid over-packaged items. The average American creates 4.5 pounds of trash per day.
39. Think before you print. Americans are by far the biggest paper users in the world, consuming more than 400 pounds of paper per person, per year.

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