

# Small changes can have a big impact on energy consumption



Developing a city-wide Climate Action Plan is an important step as Port Moody works to adapt to climate change and mitigate its effects. But the individual actions of one person, or the joint efforts of one family, are also important. The Cool It! Climate Leadership Training program for students in grades 4 through 7 and developed by the British Columbia Sustainable Energy Association promotes a list of actions that can be taken by individuals and families to reduce their energy consumption and reduce greenhouse gas emissions. Kids in Port Moody and across the province are making a difference, and you can too. **Here are 23 ideas from Cool It! to get you started:**



**1. Active travel:** each week, change one trip you normally take by car – walk, cycle, or take transit instead.

**2. Idle-free:** if you need to wait in your car, turn off the engine.

**3. Tire trick:** check your car's tire pressure on a regular basis, as your car uses more fuel if tire pressure is low.



**4. Local food:** once a week, eat two foods that are produced in B.C.

**5. Meat-free:** once a week, have a meat-free day.

**6. Tasty leftovers:** once a week, eat leftover food or freeze for later.

**7. Organic food:** once a week, make one meal with two organic foods.

**8. Grow your own:** grow your own food in your yard or containers – start by planting three different vegetables.

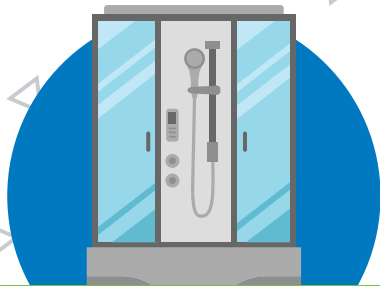


**9. Be cool sweater:** put on a sweater and turn down your thermostat by 2°C – you'll save 5% on your heating bill.

**10. Cozy closed curtains:** close your curtains at night to keep the heat in – you'll save 5-10% on your heating bill.



**11. Programmable thermostat:** install a programmable thermostat and set it for 20°C when you're at home, 18°C when you're sleeping, and 16°C when you're out.



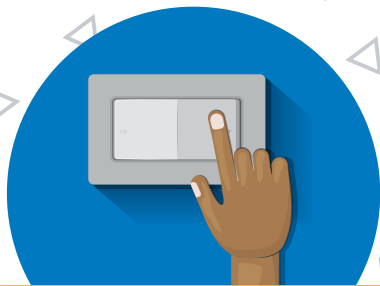
**12. Short showers:** take a short shower (four minutes maximum) to use less hot water.

**13. Showerhead savings:** install a low-flow showerhead (<7.61 litres/minute) to use half as much water.



**14. Cool laundry:** wash your laundry in cold water instead of warm or hot water.

**15. Line dry clothes:** hang your wet clothes on a rack or clothesline instead of putting them in the dryer.



**16. Turn it off:** turn off lights in unoccupied rooms; turn off electronics when not in use.

**17. LED light bulbs:** replace compact fluorescent lamp (CFL) light bulbs with light emitting diode (LED) bulbs.



**18. Stop phantom power:** purchase a programmable power bar and save money by turning off TV-entertainment centres, computers, printers, and more when not in use.



**19. Go bio:** switch to biodegradable cleaning and bath products, or make your own (baking soda, vinegar, dish soap, and water can replace 80-100% of cleaning products).



**20. Rain barrel:** install a rain barrel at home and use the water to wash cars or water indoor and outdoor plants. Call 604.469.4574 to purchase a \$40 rain barrel from the City.



**21. Earth hour:** each week, do your own Earth Hour (from 6-10pm) at home – turn off all unnecessary lights, electronics, and appliances, and lower the thermostat.

**22. Refuse, reduce, reuse, recycle:** refuse to buy or accept certain items; reuse, repurpose, or repair an item; switch to reusable bags for shopping.



**23. Litter-free lunch:** make your own lunch and pack in reusable wraps and containers; bring a reusable fork, spoon, and cup.