

52 Weeks of Saving Energy to



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coaching

Save the Planet

52 Weeks of Saving Oil to Save the Planet

These are simple, practical tips.

Some of these tips require adjustments in personality. For instance, Americans tend to rush wherever they are going. Developing calmer driving habits requires us to develop the skills to calm ourselves. Contact Vicki at VickiTillmanCoaching.com for help in learning to be a calm, in-control person.

It may seem like some of these tips are so simple and amount to so little that they couldn't make a difference. But think about it:

- *If you saved 1 gallon of gas per week at the end of the year, you would have saved 52 gallons. That's enough for a couple of fill-ups.*
- *If 1000 people saved a gallon per week at the end of the year they would have saved 52,000 gallons of gas.*
- *If 1,000,000 people saved 1 gallon of gas per week it would have saved 52,000,000 gallons of gas. (That's a noticeable chunk out of the annual 143 billion gallons consumed- on just 1 gallon saved/week!)*

Imagine that you changed 1 incandescent lightbulb (75 watts to an LED light 9 watts). While it will save YOU about \$15/year on your electric bill, you are also reducing the electric production need. Think of the bite out of the need for electricity from oil and coal power plants if 1 million Americans change 1 simple light bulb.

SO, if many people used these simple tips there would be a huge effect on the consumption of oil and other fossil fuels.

Try one tip per week, keep going with as many as you can.

-Vicki



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Week 1:

On highways, avoid frequent lane changing. When you change lanes you often need to brake and accelerate, which wastes fuel.

Week 2:

Don't speed. The best fuel efficiency for most cars is 45-60 which is the range of many secondary highways. Stay at the speed limit.

Week 3:

Combine trips: Don't do random errands. Combine errands and get them done in one day. (Saves time, too.) AND start with the furthest from home errand and work your way back- that gives time for the engine to warm up before stopping which increases fuel efficiency.

Week 4:

If you have a car with cruise control or overdrive, use it on highways.

Week 5:

Check tire pressure. Under-inflated tires cause more fuel usage.

Week 6:

Accelerate smoothly. Punching the accelerator wastes fuel.

Week 7:

If you can avoid rush hour traffic, do so. Leave a little early, stay a little late. Travel at off hours.



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Week 8:

Remove ski racks or luggage carriers when not in use.

Week 9:

Close windows and sunroof (causes drag).

Week 10:

Shift to neutral when stopped in traffic jams or drive-throughs at banks or drive-throughs.

Week 11:

Coast to a stop. The less you have to brake the more fuel you save.

Week 12:

Coast a little when going downhill.

Week 13:

Avoid tailgating. Tailgating causes you to hit your brakes more frequently. Braking, then accelerating wastes fuel.

Week 14:

Rather than circling around a parking lot looking for a closer parking spot, pull into one at the end of the lot and get a little exercise walking from car to building.

Week 15:

Turn off air conditioner, defroster and electronics before turning off car.



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Week 16:

When possible make right turns only. (Idling while waiting for left turn burns gas.)

Week 17:

Keep extra weight out of car. Even a full gas tank burns more fuel, let it run below 1/3 before refilling.

Week 18:

Park in the shade and use insulating shields in as many windows as you can while parked.

Week 19:

Maintain car regularly.

Week 20:

Sign up for your power company's Energy Savings Incentives and Rebates Programs (many companies have something like Delmarva's <http://www.delmarva.com/my-home/save-money-and-conserve-energy/efficiency-rebates-and-incentives-and-programs/md-customers/>)

Week 21:

Replace your standard incandescent lightbulbs with energy-saving versions, such as LED bulbs. CFLs are good but have mercury in them, be careful if they break and dispose like you would a battery.



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Week 22:

Wash your clothes in the coolest water that you can.

Week 23:

Write US Representative. Sending an email takes 5 minutes or less. Let him/her know that you believe in saving fuel. Tell him/her things you are doing to save. Tell him that you like the development of clean/green energy and dislike government spending on or promotion of oil pipelines. Hearing from constituents makes a difference!

Week 24:

Write US Senators. Send a copy of last week's email to your 2 US Senators.

Week 25:

Write State Representative. Send a copy of last week's email to your state representative. States are often needing to problems with energy production or consumption.

Week 26:

Write State Senators. Send a copy of last week's email to your state senators.

Week 27:

Write your Governor. Send a copy of last week's email to your governor.

Week 28:

Write the President. Send a copy of last week's email to your president.



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Week 29:

Turn out the lights when you leave the room. (Or get motion detectors to do it for you.)

Week 30:

Get an insulating cover for your water heater. It can reduce heat loss around 25% or more.

Week 31:

Seal air leaks around windows with caulk or weather stripping.

Week 32:

Seal air leaks around doors with caulk or weather stripping.

Week 33:

Don't waste hot water. Don't leave water running while brushing your teeth or shaving.

Week 34:

In winter, turn thermostat cooler and put on a layer of clothes. In the summer, dress in lighter clothes and keep the house a little warmer (or open the windows).

Week 35:

In winter, turn the thermostat cooler at night when you are in bed. (Or get a programmable thermostat and set it for cooler nighttime.)

Week 36:

Skip the drying cycle on your dishwasher and let dishes air dry.



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Week 37:

Wash clothes and dishes at night, during off-peak times. (This doesn't directly save you money, it saves fuel use overall.)

Week 38:

Unplug electronics when not in use. (Or plug them into a power strip and turn that off.) Many electronics still use power when they are turned off.

Week 39:

Turn your water heater to 120 degrees. It will still be plenty hot and save you lots of fuel.

Week 40:

Use natural light when you can.

Week 41:

Take shorter showers.

Week 42:

Fix leaky faucets.

Week 43:

In summer, close curtains or shades during the sunniest part of the day. In winter, open them.

Week 44:

Use the oven less during the summer and more during the winter.



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Week 45:

Add a dry towel to each load of laundry in the dryer. It can significantly reduce drying time.

Week 46:

Clean the lint trap on your dryer after each load. Wash it periodically.

Week 47:

Vacuum out your dryer's air vent periodically. It gets full of lint and other junk.

Week 48:

Change your furnace filter every 2 or 3 months. Vacuum it monthly.

Week 49:

Put lids on pots and pans while cooking. Don't use a small pan on a large burner.

Week 50:

Don't leave the refrigerator door open. Close it quickly.

Week 51:

Use your oven carefully, cook several things at once. Use the pre-heat and cool-down settings to toast breadcrumbs or warm food.

Week 52:

Dry one load quickly after another (while the dryer is still hot). Whenever possible, skip the dryer and hang out clothes to dry.

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Extra Credit

- Can you get solar panels?
- Switch cars: get rid of the gas guzzler and drive a car the is stingy with gas.
- Buy an Energy Star rated refrigerator.
- Install ceiling fans.
- Plant shade trees around your home.



Resources

<http://www.telegraph.co.uk/cars/advice/10-fuel-saving-tips-every-driver-should-know/>

<http://money.howstuffworks.com/personal-finance/budgeting/how-to-drive-economically8.htm>

<http://www.popularmechanics.com/cars/a6827/6-driving-tactics-to-save-gas-this-weekend/>

<https://www.motorists.org/blog/5-little-things-you-can-do-to-save-gas/>

<http://homeguides.sfgate.com/save-gas-driving-79502.html>

<http://shrinkthatfootprint.com/fuel-gas-mileage-tips>

<http://www.wikihow.com/Save-Gas>

<http://www.greenamerica.org/pubs/greenamerican>

<https://americasaves.org>

<https://www.bchydro.com/>

[/www.cnet.com](http://www.cnet.com)

<https://www.eia.gov/tools/faqs/faq.php?id=97&t=3>

<http://www.motherearthnews.com/renewable-energy/energy-efficiency/save-money-on-energy?pageid=1#PageContent1>

<http://www.powerhousetv.com/Energy-EfficientLiving/Energy-savingsTips/027471>