


## ECO-ACTION FOR THE WEEK

July 2, 2021 – Actions for Our Own Dear Planet



**Air conditioners** are a major energy guzzler, thus a major contributor to global warming. They're also a major expense! As heat waves throughout the world increase, it's vital to stay cool without contributing excessive CO2:

- **Repair, replace, or insulate** leaky ducts in your A/C. Many locations offer free insulation consultation. Have professionals check your equipment. Keep it clean.
- **Open windows** when the weather permits, especially overnight.
- **Use** ceiling and floor fans. Turn them, and A/C, off when rooms are empty. Keep in mind the people and planet depending on you to reduce the need for A/Cs.
- **Drink** water frequently.
- **Lower** shades/blinds/curtains during the day.
- **Cook** with microwaves and toaster ovens rather than the stove. **Choose “lighter” meals** that don't require heat.
- **Wear** loose, light clothing, especially breathable cotton.
- **Turn off** non-essential lights.
- **Setting:** 78° is usually recommended, but adjust as needed.
- **Reduce** use of A/C in the car-to minimize pollution.

*[Click here to download as a PDF document.](#)*