

Climate-friendly Actions at Home

Between driving, heating, cooling and powering our homes, Portland residents are responsible for about 50 percent of all local carbon emissions — and that's without counting the contribution of all the things we buy. At a national level, the production and distribution of goods amounts to another 38 percent of carbon emissions.

TAKE ACTION TODAY!

Most of these actions can be done in less than 20 minutes, for less than \$20. Why wait?

NEXT STEPS...

With just a little set up time, you can get your household on the right track.

START PLANNING FOR CHANGE.

Some changes take time and planning. Start thinking about these goals now.

GETTING STARTED

Calculate your carbon footprint.

Quick:

www.footprintnetwork.org

Thorough:

www.epa.gov/climatechange/emissions/ind_calculator.html



Create a "carbon budget" for your household: identify areas where you can cut back.

Make a plan to reduce your carbon emissions by 5 percent every year.



BUILDINGS & ENERGY

Save energy and costs: replace incandescent light bulbs with efficient compact fluorescent light bulbs (CFL). www.18seconds.org

Plug your microwave, stereo, chargers, television and computer equipment into power strips that can be shut off when not in use.

Turn down your thermostat three degrees (or 66°F daytime and 55°F night time). If you have air conditioning, turn up your air conditioner three degrees.



Set up a free home energy review with Energy Trust of Oregon: 866-968-7878 www.energytrust.org

Get a free water conservation kit from the Portland Water Bureau: 503-823-7439 www.portlandonline.com/water/conservationkits

Buy clean energy from your utilities:
PGE: 503-228-6322 www.portlandgeneral.com
Pacific Power: 1-800-869-3717 www.pacificpower.net
NW Natural: 1-800-422-4012 www.nwnatural.com

Fully insulate your home and seal ducts.

Replace your furnace and home appliances with ENERGY STAR models that qualify for Oregon tax credits: www.oregon.gov/ENERGY

When planning a home renovation project, call the Green Building Hotline for expert advice. 503-823-5431 www.buildgreen411.com

Install solar water heating or a solar electric system on your home: 1-877-546-8769 www.solarnoworegon.org

MOBILITY

Maintain your car: properly inflate tires and keep it tuned up for efficient driving.



Shift daily trips to walking, bicycling, transit and carpooling to reduce driving. www.portlandonline.com/transportation

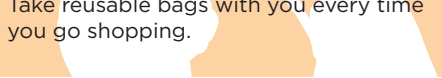


Buy the most fuel-efficient vehicle that meets your needs. If your household has more than one car, try to eliminate a car and borrow or share a second vehicle when you need one.

CONSUMPTION & SOLID WASTE

Recycle right: recycle all paper, metal and glass, as well as yogurt tubs and other plastics accepted at curbside: 503-823-7202 www.portlandonline.com/bps/carts

Paper or plastic? No thanks! Take reusable bags with you every time you go shopping.



Compost food scraps in your backyard: www.oregonmetro.gov

Shop Local: visit neighborhood shops and keep your dollars in Portland: www.portlandisbettertogether.com



Be a smart consumer:

- Make a list.
- Cross off any items that can be rented, purchased used or borrowed instead.
- Buy long-lasting, durable goods.



FOOD, AGRICULTURE & URBAN FORESTRY

Visit a local farmers market to purchase fresh, local produce:

www.portlandfarmersmarket.org



Reduce the number of times you eat beef and pork each week.

Use native species and wildlife attracting plants in landscaping your yard.



Plant a vegetable garden or more trees:

Portland Parks and Recreation, Community Gardens: 503-823-1612 www.portlandonline.com/parks

Friends of Trees: 503-282-8846 www.friendsoftrees.org



Climate-friendly Actions for Your Business

Did you know that the commercial sector accounts for 25 percent of the total volume of carbon emissions? And that's not counting carbon produced by employee commuting habits. Take action at work and you'll not only be doing your part to slow climate change; you'll also save money, conserve resources and enhance your reputation.

TAKE ACTION TODAY!

Most of these actions can be done in less than 20 minutes, for less than \$20. Why wait?

NEXT STEPS...

With just a little set up time, you can get your business on the right track.

START PLANNING FOR CHANGE.

Some changes take time and planning. Start thinking about these goals now.

GETTING STARTED

Contact the BEST Business Center for a free evaluation of your business operations.

Receive ideas on how to reduce energy usage, save money and shrink your carbon footprint. www.bestbusinesscenter.org

Create a green team:

Write a sustainability plan and keep it fresh: review and evaluate success on a regular basis.

Host annual employee sustainability education and engagement events.



Become a Portland Climate Champion:

www.bestbusinesscenter.org/recognition



BUILDINGS & ENERGY

Minimize energy use when your building is unoccupied: Turn off all lights and computers each evening and turn back heating/cooling settings at night with a programmable thermostat.

Convert all incandescent lights to compact fluorescent lights (CFL).

Upgrade old T12 lights to T8 lights.

If electricity fees are included in your lease, purchase renewable energy credits: www.green-e.org/gogreene.shtml

Buy clean energy from your utilities:
PGE: 503-228-6322
www.portlandgeneral.com
Pacific Power: 1-800-869-3717
www.pacificpower.net
NW Natural: 1-800-422-4012
www.nwnatural.com

Add occupancy sensors to infrequently used areas like bathrooms and storage rooms.

Attend a free workshop to learn more about solar electric or solar water heating for your business: www.solaroregon.org/workshops

Create an office policy that requires ENERGY STAR certification for new equipment, like computers, printers and refrigerators. www.energystar.gov

Install solar panels on your building: www.solarnoworegon.org



MOBILITY

Encourage employees to drive less and save more: www.driveless.savemore.com

Ask employees what would make it possible for them to commute without driving alone.

Reduce corporate air travel by substituting web-conferencing or encouraging travel by train: www.webconferencing-test.com



Offer employees pre-tax transit passes.

Provide information on nearby bus routes, bike parking and carpooling options:

www.trimet.org
www.tinyurl.com/pdxbikeparking
www.carpoolmatchnw.org

Offer incentives for employees to bike, walk, bus or carpool to work; consider \$30 per month cash or two extra vacation days per year.

Offer employees telecommuting options.

Locate your business near transit facilities.

Provide secure bike parking.

Remove or significantly reduce free or subsidized parking for employees.

Offer employees a car-sharing membership for transportation needs during the day: www.zipcar.com

CONSUMPTION & SOLID WASTE

Follow the five easy steps to setting up a successful workplace recycling system:



City of Portland
Recycle at Work Certified

www.recycleatwork.com/portland

Create a sustainable purchasing strategy for your workplace: identify products that contain recycled content or those that can be easily recycled at the end of use.



Cut your waste in half. Identify products that don't need to be consumed, used, disposed or recycled.



City of Portland Bureau of
Planning and Sustainability
Sam Adams, Mayor | Susan Anderson, Director