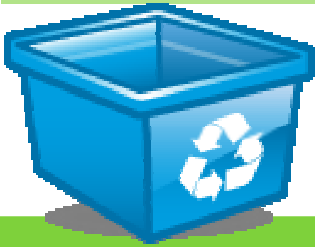


# Up for a Challenge? How About Losing a TON?

You might be surprised how easy it is to lose a ton in 2008—a ton of carbon dioxide that is! Carbon dioxide or CO<sub>2</sub> is created whenever we burn oil, gas, coal, and other fossil fuels to create electricity, run cars, trucks, airplanes, and to heat and cool our homes, businesses and other buildings.

Carbon dioxide is a greenhouse gas. A greenhouse gas traps heat in the earth's atmosphere, acting like a big blanket surrounding the earth. These gases contribute to long-term changes in the earth's climate, which can cause changes in ecosystems that affect plants, animals, and people too!

Scientists measure carbon dioxide in tons and there are lots of ways you personally can help to keep a ton of carbon dioxide from entering our earth's atmosphere!



Here are some easy ways you can lose a ton of Carbon dioxide this year!



Action	How Much Less Carbon Dioxide Is Put Into the Atmosphere?	My Carbon Dioxide Savings
Turn down your thermostat in the winter—for example, turn your thermostat from 70 degrees to 68.	____ degrees lower x 80 pounds (e.g. 2 degrees lower x 80 pounds = 160 pounds in CO <sub>2</sub> savings)	
Turn your thermostat up in the summer—for example, turn your thermostat from 70 degrees to 72.	____ degrees higher x 80 pounds (e.g. 2 degrees higher x 80 pounds = 160 pounds in CO <sub>2</sub> savings)	
Replace regular 75 watt light bulbs with 25 watt compact fluorescent light bulbs (CFLs)	____ 75 watt light bulbs replaced with 25 watt CFL x 100 pounds	
Recycling newspaper in your home	730 pounds of CO <sub>2</sub> savings per year for each household	
Recycling glass in your home or classroom	100 pounds of CO <sub>2</sub> savings per year for each household/classroom	
Recycling plastic in your home or classroom	180 pounds of CO <sub>2</sub> savings per year for each household/classroom	
Recycling steel and aluminum cans in your home or classroom	660 pounds of CO <sub>2</sub> savings per year for each household/classroom	
Recycling magazines in your home or classroom	190 pounds of CO <sub>2</sub> savings per year for each household/classroom	
	<b>MY TOTAL CO<sub>2</sub> SAVINGS PER YEAR=</b>	

For more information visit: The Climate and Energy Project [www.climateandenergy.org](http://www.climateandenergy.org)