

# Your Carbon Footprint and You

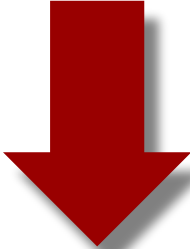
Actions for People and Businesses in Fall City

Presented by: Fall City Climate Change Committee  
December 6, 2022



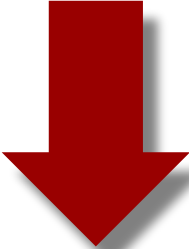
# Why this matters?

Reduce



Greenhouse gas emissions  
that contribute to climate  
change

Reduce



Household and commercial  
waste

Improve



Local health, local  
environment, local  
economy

Improve



Soil health, water health

# How do you calculate **your** personal/household carbon footprint?

- [Here is a great “how to” article](#) Carolyn Anderson, a Fall City Climate Change Committee contributor and member wrote in *Fall City Neighbors* on May 2021 -page 11. The article is about **how to calculate you and your family’s carbon footprint** and **how to shrink that carbon footprint**.
- [Link to carbon footprint calculator](#) - if you **just want this tool**.
- If you want an “**all in one app**” [become an Earth Hero- respond to climate change by estimating your carbon footprint and discovering personalized, positive steps you can take to care for our planet and communities.](#)

# Fall City Climate Change Committee Recommended List of Actions to Help Drawdown your Carbon Footprint.

## Household

- Set the thermostat to 68°F or lower when you're at home and awake, and lower 7°F to 10°F when you're asleep or away. Install and properly set a [smart thermostat](#) to automate temperature changes.
- If you have baseboard heaters, turn the thermostat down or off in unoccupied rooms and close the door. Do not do this if you have a [furnace](#) or [heat pump](#).
- Change the filters in your heating equipment regularly (about every 90 days) during the heating season.
- Keep areas in front of baseboard and wall heaters, room registers and return air grills clean and clear of furnishings, curtains or other objects that block airflow.
- Have your heating system inspected regularly by a professional to ensure its operating efficiently and safely.

## Household (continued)

- [If you have acreage, install a horizontal ground loop heat pump system to heat or cool your home.](#)
- Install a heat pump water heater.
- Set the [water heater](#) thermostat to 120°F or the "low" setting.
- Find and fix leaks in fixtures and pipes. If your water heater is leaking, replace it.
- Install inexpensive pipe insulation on all exposed hot water pipes and on the first three feet of exposed cold water pipe connected to the water heater.
- Turn off/down water heater when on vacation.
- Wash clothes in cold water and take shorter showers.
- Use the dishwasher rather than hand-washing dishes and don't pre-rinse dishes.
- Install low-flow, high-performance showerheads and faucet aerators.
- Buy a water heater blanket, and wrap it around the tank to prevent heat loss.

## Household (continued)

- Replace incandescent lighting with [ENERGY STAR® qualified light-emitting diode](#) (LED) bulbs and fixtures, particularly in areas you use most. LED bulbs use at least 80 percent less energy while lasting 13-25 years longer than incandescent bulbs.
- [Choose the right bulb](#) for each room. LED bulbs come in a variety of shapes, sizes, brightness and color to suit nearly every household fixture, when they do finally burn out, properly recycle CFL bulbs for free at participating retail locations, household-hazardous-waste facilities and select PSE offices. Find out [more information](#) about select LED bulbs.
- Take advantage of natural light and turn off artificial lighting whenever possible.
- Always turn off lights in unoccupied rooms. You can make this happen automatically with lighting that has motion detectors..
- Avoid over-drying laundry and clean the lint filter every time you use your dryer to decrease drying time. Consider an [ENERGY STAR certified appliance](#).

## Household (continued)

- Phase out and replace the chemical refrigerants in cooling systems with refrigerants that have lower global warming potential (GWP). Hydrocarbons (HCs) are replacing HFCs as refrigerants. HCs are natural, non toxic refrigerants. [Here is a Fall City Neighbors article written by Debbie Arenth on this subject in the December 2021 newsletter.](#)
- Think about whether you need that second fridge or freezer in the garage or basement. Older units can cost more than \$100 a year to power.
- When cooking, match pots and pans to the right-sized burner. Use a microwave oven, rather than your stove, to heat food whenever possible.
- Many electronics draw power even when turned off. Plug items like TVs, DVD players and game consoles into power strips that you can switch off when not in use. Special "smart" power strips do this automatically.

## Household (continued)

- [Install solar systems for your home, organization or business.](#)
  - Local business benefiting from solar installation-
- Use natural ventilation (open windows) for cooling instead of an air conditioner.
- Unplug electronics chargers when not in use.
- Hang-dry clothes on an inside rack.
- Install an outdoors clothesline for clothes drying.
- Use native and drought resistant plants in landscaping.
- Weather-strip windows, doors and outlets on outside walls.
- Install insulation below the floor of your home and install extra insulation in the attic of your home.



# Puget Sound Energy (PSE) customer efficiency incentives to conserve energy at home and save money

- Conduct a [PSE home energy assessment](#) or hire a professional to conduct a home energy audit and implement the recommendations.
- PSE [rebates and offers for energy efficiency upgrades for your home](#).
- If you own or manage a multifamily property (condominium or apartments), consider these [multifamily retrofit incentives](#).
- If you are a business search for [project type](#) business incentives to save energy/money or [business type](#) incentives to explore energy efficiency improvements.
- [Home weatherization program for income qualified customers](#).
  - Get 50% higher rebates on insulation, air sealing, and duct sealing for your home! Must be installed by 12/31.
  - Receive a \$650 instant discount on eligible electric hybrid water heaters at participating retail stores (in addition to the \$200 Efficiency Boost rebate)

# Transportation

- Drive a hybrid car or electric vehicle- [All electric and Plug-in hybrid vehicle tax credits- up to \\$7,500](#). [Here is a great article written by Carolyn Anderson in Fall City Neighbors Newsletter \(October 2021- page 11\)](#) about why driving electric vehicles (EV's) will reduce your carbon footprint significantly and why “upstream emissions” for generating your electricity for your electric vehicle matters.
- Walk short distances rather than drive- and [improve your health and trim your waistline in the process](#).
- Drive Less/Connect online to share car rides. Carpool to work regularly
  - [Park and Ride Preston](#)
- Use local public transportation such as [Snoqualmie Valley Transportation](#) to cut transportation emissions. Use the city bus for getting downtown and back home
- [Youth Ride Transit for Free!!](#)- Starting September 1, 2022, riders 18 and younger can take transit for free thanks to Move Ahead Washington, a statewide transportation funding package.
- Telecommute sometimes
- Choose to travel by train instead of a car or airplane for a trip

# Alternative energy project loans at low interest rates

Financing renewable energy systems for your home or business

- [The Washington State Renewable Energy System Incentive Program is a production-based financial incentive for customers with solar, wind, and bio-digester generating systems.](#)

Washington Utilities and Transportation Commission-

- [Renewable energy tax incentives](#)

# Food

- [Here is a great article written by Carolyn Anderson \(Fall City Climate Change Committee member\) in the June 2022 issue \(page 12\) of \*Fall City Neighbors\* about food choices and lowering your carbon footprint.](#)
- Buy local foods.
  - [The Farmhouse Market.](#)
  - [Jubilee Farm -well raised meats](#)
- Belong to a community supported agriculture (CSA) subscription plan from your local farms
  - [Snovalleycoop Winter CSA](#)
  - [Oxbow Farm](#)
  - [Jubilee Farm \(CSA\)](#)
  - [Full Circle Organic farms CSA](#)
- [Learn about composting and use a compost bin](#)
- [Shop at a Farmer's Market](#)
- Belong to a cooperative grocery
  - [Puget Sound Community CO-OP Issaquah/Redmond](#) (click on “sustainability and about “PCC”).
- Buy organic food regularly.

# Food

- Reduce meat consumption and try to eat vegetarian at least three nights a week.
- Grow some of your own food.
- Strive to reduce personal and household food waste. [Here is a great article](#) Debbie Arenth, a Fall City Climate Change Committee member wrote in the June 2021 issue of the Fall City Neighbors Newsletter (page 11).
- Carry a water bottle and fill it from the tap instead of buying bottled water.
- Bring your own coffee cup for take-out rather than a paper cup.
- Buy local food whenever possible.
  - [Snoqualmie Valley Farmers Cooperative](#)
- Buy organic food regularly.
- [Learn about composting and use a compost bin.](#) [Connection between composting and climate change.](#)

# Consumer

- Buy used goods as a first choice.
  - [Subscribe to Freecycle.org \(Fall City/Snoqualmie\)](#)
- Think seriously if an item is really necessary before purchasing.
- Try to repair an item before disposing of it.
- Choose to give gifts of time, an experience or self-effort instead of purchased things.
- Recycle paper, plastic, metal, and glass.
- Buy food in bulk to avoid unnecessary packaging.
- Shop at Goodwill, Thrift Shop, [The Habitat ReStore](#), or similar stores.
- Use Energy Star ratings when selecting appliances-see PSE rebates for select energy Star Appliances.
  - [qualified front load clothes washers](#)
- Move your money from banks financing fossil fuel infrastructure—Wells Fargo, Bank of America, Chase.
- Divest any investments from fossil fuel companies.

**FCCA's New Year's Resolution- 2023- Lower our community's carbon footprint !!! Be part of the solution!!!**

**Please send your comments and input to improve our list of recommended actions individuals, households and businesses can take to help drawdown greenhouse gas emissions here and now in Fall City.**