

Daily Reminder to Help You Reach Your One-Tonne Goal

On the Road



- 1. Drive less by taking public transit, car-pooling, walking or biking, and tele-working.** If you drive 20,000 kilometres a year, reducing your annual distance by 10% (2,000 km) will reduce your GHG emissions by half a tonne or more.

- 2. Drive smarter.** Try combining your errands, working flexible hours to avoid rush hour traffic, and using ethanol blended gasoline.

- 3. Don't idle.** Idling for 10 minutes a day can produce about a quarter tonne of CO₂ emissions each year and cost you about \$70 in wasted fuel.

- 4. When buying a new vehicle, choose a fuel-efficient one.** Switching from a sports utility vehicle to a mid-sized sedan will reduce your GHG emissions by 2 tonnes a year. Buy the most fuel-efficient vehicle that meets your needs. Check the fuel consumption information on the EnerGuide label, or compare the fuel consumption of different vehicles by consulting the Fuel Consumption Guide at www.oeenrncan.gc.ca/vehicles.

- 5. Check your tire pressure once a month.** Did you know that 70% of vehicles have at least one tire that is over or under-inflated? Maintaining the correct tire pressure could reduce your GHGs by at least 1/8 tonne each year and save \$50 in fuel costs. Visit www.tc.gc.ca/roadsafety.

At Home



- 6. Reduce your household waste.** In Canada, about 25% of our garbage is currently recycled or composted. But studies show that much more - about 70% of our household waste could be. A family of three can reduce their GHGs by more than 1/8th tonne each year by composting.

- 7. Use compact fluorescent light bulbs.** They last up to ten times longer and use one-quarter of the electricity of a regular incandescent light bulb. Replacing 5 regular light bulbs in your home with compact fluorescent lightbulbs will reduce your GHG emissions by 1/8 tonne.

- 8. Install and use a programmable thermostat.** For every 1° C you lower your thermostat you can save 2% on your heating bill. A reduction of 3 degrees C at night or when you are away during the day provides optimal savings and can reduce your GHGs by half a tonne.

- 9. When buying a new appliance, choose an energy-efficient one.** A 2002 model EnergyStar qualified refrigerator uses less than half the electricity of a unit built ten years ago, and can reduce your GHG's by 1/10 of a tonne each year.

- 10. Draft-proof your home.** Use caulking and weather-stripping to reduce your home heating needs by up to 20%, and reduce your GHG emissions by up to half a tonne. An EnerGuide for Houses evaluation can help identify where your home is losing energy. Visit www.oeenrncan.gc.ca/houses-maisons/.

One-Tonne Challenge – Take Action on Climate Change
www.climatechange.gc.ca/onetonne/english

