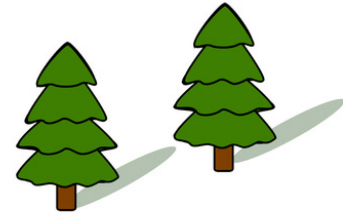
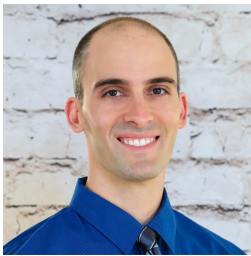


# Go Green for 2019!



## 10 Easy Ways to Go Green for the New Year!



### 1. Green Your Transportation

Take a bike, bus, or train when possible to run errands or get to work. In the market for a car? Upgrading from a 20 MPG car to a 40 MPG car can save you 4,500 gallons of gas over the car's life span. That's over \$18,000 in savings!

### 2. Seal Your Home

Even in tight homes, air leaks may account for 25% of the heat our furnaces generate in winter or that our homes gain in summer. If you pay \$1,100 a year to heat and cool your home, you could waste as much as \$275 annually.

### 3. Eat Less Meat

Especially beef. An average family of 4 that cuts its meat intake in half will avoid roughly 3 tons of carbon emissions annually.

### 4. Waste Less Food

Nearly 40% of food ultimately gets wasted in the U.S. Every wasted pound means wasted energy, and more pollution. Ask for to-go boxes, eat OR freeze items before they spoil, and don't cook more than you'll eat as leftovers.

### 5. Use Power Strips

By plugging into these devices and turning off the switch at night, you will curb "phantom loads" and save a lot on your electric bill. Keeping your printer turned on when not in use could be costing you over \$100 annually.

### 6. Upgrade Your Refrigerator & AC

This is most critical if they're over 5 years old. New ones are twice as efficient. Replacing an old fridge can pay for itself in 3 years in energy savings alone.

## 7. Hang-Dry Your Clothes

If you live in a sunny place like California, hanging your clothes is a no-brainer. Why waste electricity when you've got solar power right outside? Even without a patio, hang-drying is feasible indoors.

## 8. Change Those Light Bulbs

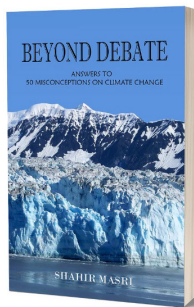
New LED light bulbs can give the same light for 15% the electricity. That adds up to more than \$100 in savings for most families each year.

## 9. Wash Clothes in Cold Water

Clothes get just as clean with today's detergents. But hot water washes use 5 times the energy—and create 5 times the emissions. Setting your washing machine to "cold" could save you nearly \$100 a year!

## 10. Buy Less Stuff, Especially Plastic

Reduce, re-use, and recycle—it's not just about pollution. This will lower your carbon emissions too and help combat climate change.



## Beyond Debate: Answers to 50 Misconceptions on Climate Change

The tips above are excerpts from my new book "Beyond Debate." As a valued subscriber, you'll get \$2 off your copy of my book when purchased via **this link**.

**Happy New Year,  
Dr. Shahir Masri**

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