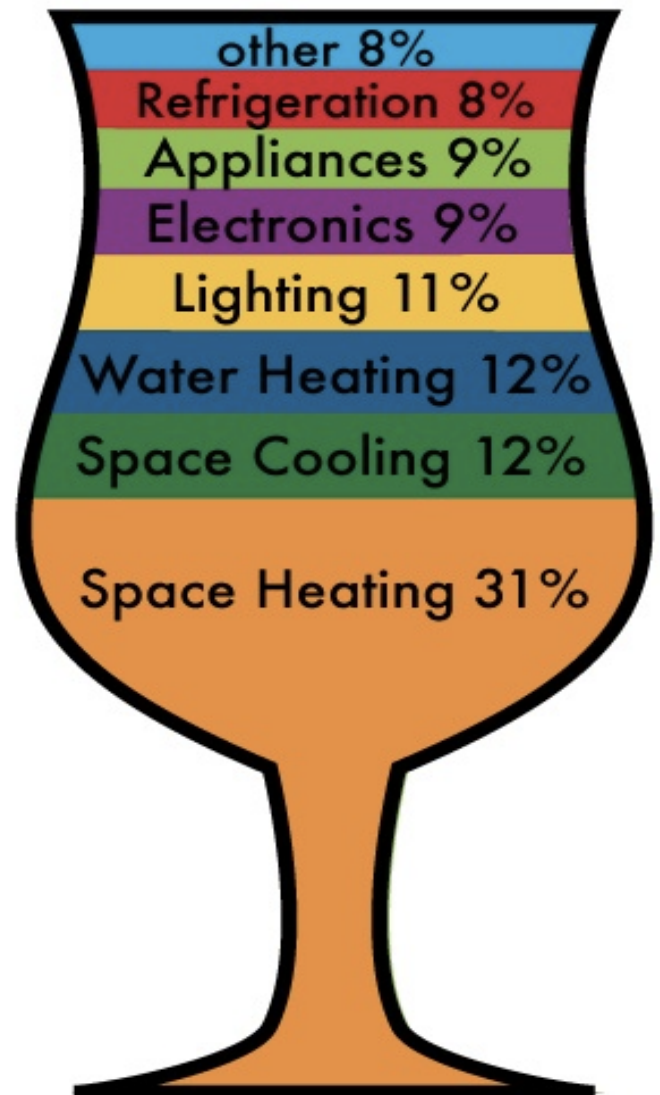


## What You Can Do

- **Support Microbreweries and Craft Beer!** Move close to the pub and walk or bike.
- Maintain your refrigerator at **35 to 40 °F** and freezer at **0 to 5 °F**.
- Use a toaster oven or microwave instead of an oven.
- **Regularly clean dust** out of the coils behind or under your refrigerator.
- **Replace incandescent lighting** with compact fluorescents or LED lighting.
- Purchase products with the **Energy Star label** when possible.
- Lower the thermostat on your hot water heater to **120 °F or less**.

## Fun Facts

- Americans constitute **5%** of the world's population and consume **24%** of the world's energy.
- On average, one American consumes as much energy as:
  - **2 Japanese**
  - **6 Mexicans**
  - **13 Chinese**
  - **31 Indians**
  - **128 Bangladeshis**
  - **307 Tanzanians**
  - **370 Ethiopians**
- **Phantom Voltage:** When you leave appliances plugged in that are not currently in use, they consume energy.
  - A plasma TV can use as much as **1,400 kWh** per year when "off"
- The amount of energy Americans use doubles about every 20 years. Electricity consumption is expected to **increase 45% by 2030**.



U.S. Household Energy Consumption (2007)