

Carbon dioxide and other greenhouse gases first started being released in significant quantities during the Industrial Revolution of the early 1800s, but in the last century the amount of emisions has become increasingly concerning. Greenhouse gases accumulate in the atmosphere, trapping heat inside and causing problems like flooding, intensified storms, droughts, and many other issues due to the changing climate. Because burning fossil fuels for energy production is the number-one contributor to greenhouse gas emisions, it is important to know how to reduce energy-consumption on a day-to-day basis. The average college student may not be able to afford solar panels, electric cars, or energy-efficient appliances, but there are many realistic ways students can benefit the environment *without* breaking the bank.



Why? Trapping the heat in the pan decreases cook time - reducing energy used by the electric cooktop. According to Energy Star, "covering your pot when cooking on an electric cooktop reduces your carbon footprint by about 85 lbs of carbon dioxide per year."



## BUY ENERGY STAR LABELED PRODUCTS







Why? Products ranging from light bulbs to TV's to holiday light strings with the Energy Star label are all certified to have superior efficiency.



Why? According to COTAP, "13% of U.S. greenhouse gas emissions result from the production and transport of food." Support restaurants that source locally, shop at farmer's markets, and buy produce that's in season to help reduce emissions from food transportation.