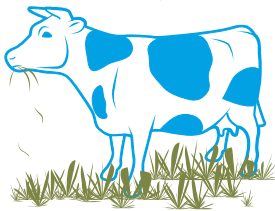


Save water and the energy it takes to heat it by setting a waterproof timer for your shower. ShowerWatch, \$35, www.halfateaspoon.com



Try grass-fed beef, preferably from a farm in your area. Grass-fed cattle typically require fewer antibiotics because they're not kept in densely packed feedlots, and they carry less E. coli. Plus, their meat is lower in saturated fat and higher in a number of nutrients. Find out more at www.americangrassfed.org.



Don't flush unused meds; keep them in their containers and throw them away. A recent study showed 24 cities found pharmaceuticals in their water supplies.

If your fridge was made before 2000, replace it with a new Energy Star model. Older refrigerators are huge electricity hogs.

Eat fewer packaged and processed foods. They require more energy to make, and they generate more waste than the unprocessed alternatives.

How to Do an Energy Audit of Your Home

Want to reduce your carbon footprint? You can turn off lights and program your thermostat, sure, but you could have the biggest impact on your energy use — and energy bills — by conducting your own energy audit.

- Look for and seal any air leaks. Just by reducing drafts, you could save 30 percent or more a year. Prime spots for leakage: window frames, electrical outlets, switch plates, doors, attic hatches, window or wall-mounted air conditioners, fireplace dampers, cracks along baseboards, and gaps where the walls meet the ceiling.

- Check for daylight around doors and windows; see if windows rattle in their frames.

- Inspect the outside of your house for gaps wherever two