Transition Streets –
U.S. version

http://transitionus.org/transitionstreets
Transition Streets – Sneak Peek

This Sneak Peek includes:

I. Overview of Transition Streets: Mary Popham - Transition Town Totnes, England

II. Transition Streets – U.S. version. A taste of the chapters as seen through the eyes of our chapter editors:

– Spend less on Energy: Jon Freise, computer science engineer

– Spend less on water: Matthew Freiberg, Water Resources Management

– Spend less, eat well: Diana Donlon, Director of the Cool Foods Campaign at Center for Food Safety (CFS)

– Wasting away: Devi Peri, past Education Specialist at Marin Recycling for Marin Sanitary Service

– Getting Around: Sandra Hamlat, Urban and Regional Planner and board member of Bike East Bay

III. Hearing from practitioners

IV. Q&A

V. Next Steps
Mary Popham
Transition Town Totnes
From the participants in Totnes...

Over 550 households have formed 63 groups,

83% of participants have made improvements to their home.

Groups initiated lots of unanticipated activity such as a community film club, a community orchard and a ‘wheelbarrow market’ where neighbours swap unwanted stuff in a driveway.

98% said they would keep meeting with their group beyond the last ‘official’ meeting in some form.

Over 90% think it will be easy or somewhat easy to sustain the behavioural changes.
Project aims

Transition Streets (TS) aims to inspire and motivate people to work together, and support each other, to reduce their reliance on fossil fuels.

It aims to build social cohesion and strengthen the community’s resilience in the process.
The what – in a nutshell

Neighbours recruit neighbours

Each group meets 7 times over 3-4 months

The workbook provides practical actions

Households save on average £570 per year

And 1.3 tonnes of carbon
How it worked in Totnes

• With guidance and encouragement from TTT households form Transition Streets group within their neighbourhood.

• TTT supplies workbooks and a facilitator to get the group started.

• Group meets seven times.

• Following feedback also starting sending to final meeting.

• Evaluation at the first and last meetings.
“Please tell us in a few words the most significant benefit(s) you have experienced from taking part in Transition Streets”
What people have said about Transition Streets in Totnes

• ‘What we learnt from within the meetings was a sense of community and of the environment, and tying the two together.’
• ‘There’s a strength in knowing that other people are doing these things as well.’
• ‘At the start I was a bit cynical but I have to admit that it has changed things for the better.’
• ‘Everyone helps and inspires each other.’
• ‘Best thing to happen since we moved in 1974!’
Secrets of our success?

- 2 early pilot groups, 1 was very influential
- Use neighbours to recruit neighbours
- Point in right direction, then let them get on with it
- Non judgemental with practical, useful actions
- Appealed to the diverse range of people in our town
- Evaluated and measured from the start
- Professional marketing input really helps
- Grant funding helped raise profile in town
- Good team with the right skills
- TTT organisation already very active
- Doing a number of rounds worked well
The workbook

Supports practical action in all aspects of day to day life...
Our final version of the flyer for Round 1
Beyond Transition Streets...

Groups often take collective actions too.

Examples from Totnes:
  – Community orchard
  – Community cinema.
  – Street parties and street swapping and gardening days.
Springboard for further community and energy action.

Taking part in Transition Streets means households understand their energy use and are receptive to taking further action and supporting local sustainability initiatives.

Examples in Totnes:
– Draughtbusting projects
– Taking up renewable energy technologies opportunities
– Participating in open eco-homes events
– Supporting the energy efficient refurbishment of local village hall.
Transition Streets - meeting many agendas

TTT has now helped many communities in the UK and overseas set up Transition Streets projects.

Our experience shows that TS meets multiple agendas:

- Carbon saving/environmental awareness
- Fuel poverty/reducing the cost of living
- Community building
- Capacity building
Transition Streets –
U.S. version

The remainder of the slides are a chapter samples from our current draft of Transition Streets - U.S. version.

For more information about the U.S. project contact: info@transitionus.org.

More information about Transition Streets – U.S. version can be found here: http://transitionus.org/transitionstreets

We hope you will join us and bring Transition Streets to your neighborhood.
2. Spend less on energy
Right now, most of the 600 million light bulbs in U.S. homes are inefficient incandescent bulbs—90% of the energy they use is given off as heat, not light! (2.10 incandescent) Switching to energy-saving light bulbs will reduce your bills, as they use about a quarter of the power of incandescent bulbs. For example, an efficient 15W bulb is equivalent to an old 60W one. (2.10 CFL LED)

Divide the wattage of your current incandescent bulb by 4 to get a more accurate estimate of the correct low energy equivalent. It’s worth buying reputable makes, such as Philips or GE, rather than the discounted brands, which often perform less well and can take a long time to reach full brightness. Choose “warm white” bulbs for a less harsh light.

The following energy-saving light bulbs are available:

- **Compact fluorescent lamps (CFLs):** These are the most common energy saving bulbs. They come in twist, stick or candle shape, small or medium screw, and bayonet fittings. (2.10 CFL)

- **LED lights:** This technology is progressing rapidly to replace existing bulbs. Although more expensive than CFLs, their cost is coming down. (2.10 LED)

- **Energy-saving halogen light bulbs / lower wattage bulbs:** If you have halogen lights that can’t be replaced with CFLs or LEDs, replace them with either energy-saving halogen bulbs which consume about 30% less electricity than standard halogen, or a lower-wattage halogen bulb. You can often replace 50W halogens with 20W ones and still have plenty of light.

**Yes, but ... I have dimmer switches.** If you have a dimmer switch you can buy special dimming energy-saving light bulbs (though they can be more expensive). There are even candle-shaped energy-saving light bulbs to fit in chandelier light fittings.
If you can feel cold air coming in around the windows and doors in your home, it means warm air is escaping. Sitting in a draft doesn't just give you a pain in the neck—in a typical home small air leaks add up to the equivalent of having one window open every day! (2.16 weatherstrip)

A drafty window or door is quickly and cheaply remedied by a visit to the DIY shop. Weatherstripping seals gaps around windows, doors, attic hatches and other movable parts of your home and decreases the amount of cold air leaking in. Once it's snug, you'll start saving cash and CO2 as well as feeling more warm and comfortable.

There are several types of materials available from DIY stores including brushes, foams and sealants, strips, and shaped rubber or plastic. Check the quality of the products. Metal, silicone and rubber are the longest lasting, while vinyl and foam are the shortest lived.

Yes, but ... doesn’t my house still need to breathe? Once the drafts are plugged, it's important the house is still ventilated. In kitchens and bathrooms, you might need an ventilation fan if condensation is a problem.
Often the largest air leaks are hidden in the attic and basement, unlike air leaks around doors and windows where drafts are easy to feel. Large holes around chimneys, plumbing pipes or over kitchen cabinets can let heated air rise into the attic and pull cold air in through leaks into the basement.

**Challenge**

Air leaks can be found and sealed resulting in a much more comfortable home and lower energy bills. Air sealing stops air from blowing through existing insulation making the insulation much more effective.

A good air sealing job in the attic and basement stops air from circulating, reducing cold drafts.

You can hire a professional to do air sealing (medium effort on your part but higher cost). Or find and seal those leaks yourself (high effort. Medium cost) with the help of several excellent DIY guides. (2.18 seal)

**Solution**

**Yes, but ... Is my furnace or water heater getting enough air?** Most houses leak plenty of air. But after air sealing an energy auditor can conduct a Combustion Safety Test to make sure your furnace and water heater is getting enough air.
3. Spend less on water
Water covers about 70% of the Earth’s surface; however, less than 1% of that water is available for human consumption. This small fraction must be shared globally for domestic, agricultural, industrial, and environmental needs.

In the US, the average person uses about 99 gallons of water every day,\(^1\) and national consumption appears to be growing annually.\(^2\) In the last five years, nearly every region of the county has experienced water shortages.\(^2\)

In Fall 2014, the US Pentagon declared that Climate Change was a major threat to US National security, as rising temperature and changing precipitation patterns present a risk to food and water security.

If we do not take action now, climate change, population growth, and wasteful behavior will mean facing increased water stress in the future. The good news is that through awareness of how we use water, we can make decisions about how to conserve this precious resource and in doing so, create more resilient and sustainable communities.

In the US approximately 60% of domestic water is used outdoors, and the other 40% inside of our homes. The key to efficiency is reducing waste, not necessarily restricting your use. You can easily reduce waste by making small behavioral changes and by choosing more water-efficient appliances.

Saving water will not only help reduce environmental impacts, if you are on a water meter, it will save you money on your water and power bills.

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**Indoor Household Water Use**

- **Shower**: 16.7%
- **Faucet**: 15.7%
- **Toilet**: 26.8%
- **Clothes Washer**: 21.7%
- **Dishwasher**: 1.4%
- **Bath**: 1.7%
- **Leaks**: 13.7%
- **Other**: 2.3%

Source: Awwa Research Foundation (1999)

Percent breakdown of indoor water use (3)
As we saw in the energy section, we can’t manage something if we can’t measure it. Because they come so infrequently, relying on meter readings from your regular water bill does not give you much information about your water consumption, or if it is going up or down as a result of the actions you are taking. Also, it is difficult to determine if you have a water leak, as it will blend in to the baseline water use.

**Challenge**

Read your own water meter regularly. Just being more aware of how much water you use can have a positive impact on your household’s water wastage. It also shows you the actual results and savings from all your efforts with the other actions in this section.

Your water meter is likely located outside near the curb in front of your home in a concrete box labeled “water” or with a stamp of your water providers logo. In some areas, usually, in colder climates, your water meter may be located inside your home. Indoor meters are usually found in the basement. Carefully remove the lid or housing for your meter and look out for insects that may be living in the dark box. See page 3.6 for advice on reading your meter.

To check for leaks, turn off all taps and water using appliances. Then check your meter. If the dial is still turning, then you likely have a leak.

**Solution**

Yes, but ... I have no idea where my meter is. If you can’t find your meter then call your local water provider and they will be able to tell you where it is.
Transition Streets
KNOW HOW MUCH YOU ARE USING

Sample water meter readings log

<table>
<thead>
<tr>
<th>Date</th>
<th>Water Meter Reading (cu. ft.)</th>
<th>Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/01/2014</td>
<td>20,035</td>
<td>n/a</td>
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<tr>
<td>11/08/2014</td>
<td>20,130</td>
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<tr>
<td>11/15/2014</td>
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<td>91</td>
</tr>
<tr>
<td>11/22/2014</td>
<td>20,307</td>
<td>86</td>
</tr>
</tbody>
</table>

Notes

Next steps, hints, & tips

• Complete the usage calculator on page 3.22 to estimate your average daily consumption. Compare it to the national average of 99 gallons (13.2 cubic feet) per person per day.

• We recommend that you check your meter at least monthly, particularly if your meter is located outside your property. You pay for all water that flows through the meter, even leaks.

• If you’re making changes to reduce water use, try reading your meter weekly for a while, and see what difference it’s making. Use the sample water meter readings log provided above.

• Keep the log visible—stick it on the fridge so everyone in the household can see it. You may consider rewarding everyone for their efforts by sharing some of the savings.

• If there is more than one meter outside your house, find the meter with the number that listed on your water bill.

More info: see our guide to reading your water meter on the next page, download “Meet your Meter” from www.ebmud.com/sites/default/files/pdfs/meet-your-meter.pdf, or call your local water provider.
There are two common types of water meters, the straight-reading meter which resembles the mileage-indicator in an automobile speedometer (see Figure 1), and the round-reading meter which has several separate dials (see Figure 2).

In Figure 1, the reading is taken from the figures shown under the words “cubic feet.” The meter reads 008171, which is the total number of cubic feet of water recorded since the meter was installed. The large hand is used only for testing purposes and leak detection. Newer meters also have a small triangle that is usually red or blue, that spin when water is used. They are sensitive and can even detect small water drops that are leaking.

The round meter has several small dials in a circle, and is a little more difficult to read. The dials are marked off in ten divisions, and are read much like a clock, except that the hand on every other dial turns counterclockwise. In figure 2, to check the readings, start with the “100,000” dial, and the readings are 8, 0, 6, 3, and 2 or 80,632 cubic feet.

Please telephone your local water utility if you have any difficulties in reading the figures on your meter.

Note: If you live in an older property you may have a different type of meter fitted.
You and your group can use this quick and easy water use estimator to give you an idea about how much water your house uses every week.

More thorough calculators are also available online. Wecalc.org offers a very in depth evaluation of your households water use based on behavior, appliances used in your home, and the age of your homes appliance. The final screen lets you know not only how much water you use, but provides targeted recommendations and estimates your carbon foot print from the water you consume.
Each American uses about 99 gallons of tap water a day, but if you include the amount of water embedded within products, our water consumption is actually around 2,000 gallons every day. About 20 percent of the embedded water that we consume comes from other nations, as we import goods and services into our country. (13)

About two-thirds of the water that we consume is embedded in our food. For example, a pound of tomatoes have about 14 gallons of water embedded in them; apples about 83 gallons; tofu about 240 gallons; pork about 570 gallons; and beef about 1,800 gallons. (14)

If present levels of consumption continue, two-thirds of the global population will live in areas of water stress by 2025. Over the last decade, extreme weather events such as heat waves, floods, and droughts occurring at greater frequencies. Though many parts of our country are as lush and rainy, those regions are not immune from water scarcity problems. We, too, can run out of water.

• Besides water efficiency, what else can we do to reduce our overall water consumption?
• Do you feel you have enough information to make informed choices about the water impacts of what you buy, from t-shirts to hamburgers? (See section 3.26 for more.)
• Should the government insist that all households are metered to help ensure we take water efficiency more seriously?
4. Spend less, eat well
Food is traveling farther than ever before. Throughout the U.S. family farms, local slaughterhouses, processing plants, local food distribution systems, and small shops have disappeared, unable to compete in today's global market. Over-centralization of food systems through big box stores has contributed to the demise of local business, heirloom seed varieties, and local food culture. Fortunately, this trend is beginning to reverse as the new generation champions local as part of the greater Food Movement.

Local food is not just about “food miles,” it is also about food that is produced and distributed in ways that contribute positively to local communities. Ideally, communities should be easily able to buy as much locally produced food as possible. Locally organized food systems can help their communities to thrive by:

- Providing jobs and supporting business networks.
- Distributing food directly in our area, not sending it to distant supermarket distribution centers.
- Creating positive social connections while providing healthy, fresh, seasonal food for the community.

Yes, but, ... some food can't be produced locally. Trade is vital and very rarely can a local region be completely self-sufficient. Trade, if carried out in a fair way, also has many positive impacts, including education and improved quality of life. It’s fine to buy things that can’t be produced locally, but we can try to be sure the goods are produced fairly, wherever they come from.
**Your savings & benefits**

Eating local food from a nearby farm is more likely to be healthy, fresh, and in season – when it tastes best!

Quality is likely to be higher than what you’d get at a big box store.

Local food can be cheaper, especially if it’s in season.

Community Supported Agriculture (CSA) subscriptions save you time on shopping, and sometimes you can even have your CSA box delivered!

You get the joy of connecting with local farmers or market employees, and knowing you’re contributing to growing a vibrant local food system.

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**Next steps, hints, & tips**

- Begin with a small part of your food shopping —try the local butcher, fish, or cheese shops.
- Use the Local Food Guide —try local wine, cider, beer, and juice too.
- Have fresh, local food delivered to your door (see next page) or use a wheeled cart to help ease the shopping load.
- Support local, independent food markets. Ask them to stock local produce.
- Buy your food directly from the farm, farm stand, or farmers market.
- Visit a local organic farm and learn more about food production (a perfect outing for the entire family)
- Check which foods are in season and how to use them at [http://www.eatwellguide.org/](http://www.eatwellguide.org/)
- Ask for more local, organic food in your school, hospital, workplace, and whenever you eat out (a steady customer base helps local businesses thrive).
- Use local currency if available—it keeps money in the community and supports independent businesses.
Community-Supported Agriculture (CSA)

Consumers interested in safe food and farmers seeking stable markets for their crops join together in economic partnership known as CSAs, a popular way to get access to fresh, local, seasonal foods. CSA farms in the U.S. currently number more than 4,000. Most are located near urban areas in the New England, Mid-Atlantic, and Great Lakes regions, with growing numbers in other areas, including the West Coast.

The majority sell only organic produce and generally vary from week to week depending on what is ripe enough to harvest. A few farms exclusively sell home-grown produce while others source additional stock from other local growers. And many CSAs ask for a list of up to three vegetables you don’t like which they swap for something else.

CSA boxes are competitively priced, often coming in cheaper than organic supermarket produce. Some CSAs will deliver to your door while others deliver to a central location for pickup.

Local CSA options (replace with your local examples):
• Singing Frog Farm: http://www.singingfrogsfarm.com/CSA_Info.html
• Laguna Farm: https://lagunafarm.csaware.com/store/csa.jsp
• Taproot Farm (Permaculture Skills Center): http://www.permacultureskillscenter.org/farm/shares/

Additional Resources: To learn more about the benefits of eating organic, visit http://www.centerforfoodsafety.org/issues/305/food-and-climate/3-choose-organic-foods

Local Harvest is a great resource to explore to see what kind of CSA works for you and your family. Entering your zip code allows you to sort not only alphabetically but by distance, price and, best-selling items. The site also gives you access to a wide variety of items in their catalog, including honey, preserves, seeds, dairy, eggs, meats, and syrups. Go to http://www.localharvest.org/csa/
When the United States Department of Agriculture (USDA) began publishing the National Directory of Farmers’ Markets in 1994, there were 1,755 farmers’ markets. In 2014 that number had grown to 8,268, illustrating the growth of the Food Movement. Increasingly, towns and cities offer spring and winter markets. Additionally, “pick your own” options (for blueberries, apples, corn, etc.) are popular in many regions of the country. Supporting agritourism is another way to support the financial viability of small, local farms.

Local farmers markets (replace with your local examples)
- Sebastopol Farmer’s Market, Sundays 10am-2pm (year-round), Weeks Way & Petaluma St, Sebastopol
- Occidental Bohemian Farmer’s Market, Fridays 4-dusk (June-Oct), Main & 2nd St, Occidental
- Forestville Farmer’s Market, Tuesdays 3-7pm (June-October), 5700 Hwy 116N
- For a complete list of farmer’s markets in Sonoma County, visit [http://www.sonoma-county.org/agcomm/farmers_mkts.htm](http://www.sonoma-county.org/agcomm/farmers_mkts.htm)

Farm Stands (replace with your local examples)
- Mark’s neighborhood stand, Frederick’s Rd, Sebastopol (off 116 S), Wed & Sat 3-9pm
- Taproot Farm (Permaculture Skills Center), Fri 10-7 & Sat 10am-2pm

Pick Your Own (replace with your local examples)
- Strawberries (April-Oct), Taproot Farm, 2185 Gravenstein Hwy S, Sebastopol

Farm Tours (replace with your local examples)
- Tara Firma Farms, 3796 I St Petaluma, Free tours every Sat & Sun at 10am, noon, & 2pm.
5. Wasting away

Do you know where YOUR garbage goes when you throw something “away?” Where’s the landfill that it gets dumped and buried? Or is it incinerated?
Every year homes, schools, businesses, schools and hospitals in the U.S. produce about 250 million tons of municipal solid waste (MSW), also known as “garbage.” Individually, each of us produces an average of 4.5 lbs. of waste per day, of which 34.5 % is recycled nationwide, not including backyard composting. (EPA 2012) Some cities, such as San Francisco, boast an average recycling/composting rate of 75%, while other municipalities have little to no local infrastructure for the collection of recyclable materials.

Although MSW does not include industrial waste, which comprises the vast majority of our nation’s waste, we need to remember that we all contribute to this directly by our consumption of manufactured goods—i.e. all the stuff we buy. If we were to continue to send that stuff as garbage to the landfills at our current rate, some sources indicate that the thousands of open U.S. landfills would all be full within 20 years.

But even if we had infinite landfill space and incineration did not pollute the air, why else would we want to take steps to reduce the amount of waste we produce?

- **Save resources**—Many discarded products contain resources that are running out. Using them longer saves digging up even more.
- **Save energy**—Making new goods takes energy; better to keep the old ones in use as long as possible.
- **Reduce climate change**—Rotting buried garbage produces methane, a greenhouse gas 21 times more potent than carbon dioxide.

Recycling is important, but it is even more important that we try to use less stuff in the first place. The options for dealing with waste, in order of preference, are:

1. **Avoid**—Do you really need it?
2. **Reduce**—Do you need as much of it?
3. **Reuse**—Can it be fixed, used by others?
4. **Recycle**—Can it be broken down and used again?
5. **Landfill and incineration**—The last resort.
• Get off the junk mail hit list. Register at http://www.dmchoice.org.
• If something is broken, try to repair it or get it repaired.
• Buy things gently used from consignment shops or charity thrift shops—
toys, books, clothes, even furniture. You are supporting good causes and
saving money. Donate stuff too, rather than disposing.
• For items that are not used often (i.e. certain tools or equipment), see if
you can rent or borrow, rather than buy, them.
• Get rid of stuff online—someone will want it! Try www.freecycle.org.
• Buy or get secondhand stuff online: freecycle, craigslist, Ebay, etc.
• Give your magazines and comics to your neighbor, local doctor’s office
or school.
• Take reusable shopping bags wherever you go.
• Use durable cups, napkins, plates and cutlery, not disposables.
• Use bottles and jars that can be used again instead of drink cartons or
cans that you throw away.
• Take empty jars to fill at bulk bins; buy products with little or no
packaging.
• Buy things that are made from recycled materials and are recyclable.
• Use rechargeable batteries instead of disposable ones—they pay for
themselves quite quickly.

Yes, but ... if Target is selling toasters for less than $20, it may cost than that to get it
fixed – plus all the hassle of finding someone to do it, taking it there, and picking it
up. But as we saw in the story of stuff, can $20 really reflect the true cost of this
appliance? Who’s paying if you’re not?
In most U.S. neighborhoods, garbage is collected by a private hauler. Often homes are issued with separate wheeled bins to manage their waste. In some places only garbage is collected curbside, and in others, separated recyclables are also collected. Many haulers now also offer separate wheeled bins or sacks for the collection of compostable yardwaste. Most recently, some even allow the addition of food scraps and food-soiled papers to the yardwaste bin for compost collection.

If your neighborhood does not have an option for recycling collection, or if you would like to see upgrades to your community program:

- Contact your local community council members or attend a council meeting to ask why the area doesn’t have a recycling program and how that can be changed.
- Start a petition that explains the benefits and importance of recycling and requests that local elected officials take actions that help establish a recycling program in your community.

Notes:
A large percentage of U.S. households that have recycling available to them, still don’t recycle enough, and toss everything they’re done with into their garbage can.

Much of this waste can be a valuable resource. If it can be recycled or composted, it doesn’t belong in the regular garbage headed to landfill or incineration. Look inside this typical trash can to see the average breakdown of materials in the trash and how much of the contents could have been recycled. (image from EPA, Nov. 2012)

What does the current content of your garbage can look like?
Transition Streets
YOUR WASTE ACTION PLAN

Suggested actions:

1. Cut your spending—don’t buy it (5.4)
2. Reduce—buy less (5.6)
3. Reuse—fix it or give it to someone else (5.6)
4. Recycle—recover materials (5.7)
5. Make your own compost (5.16)

Reminder

What other ideas does your group have that aren’t covered above?
Add them below if you think they are relevant for you.

<table>
<thead>
<tr>
<th>My actions</th>
<th>Already done</th>
<th>When I’ll do this</th>
<th>Notes</th>
</tr>
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Group actions

How can you help each other out in your group? List team actions here (with named person and due date):
6. Getting around
Our decisions about how we get from A to B can have far-reaching effects. Planes, trains, and cars all contribute to the growing concentration of greenhouse gases and pollution. But how do they compare and which is the worst?

The majority of the world's vehicles are powered by oil. Even those trains and cars powered by electricity usually rely on fossil fuels being burned in power stations.

Cars get us around in comfort and at our convenience, and the average car trip is under 10 miles (1). Fuel prices are generally increasing (due to issues with oil supply and demand among other things), and cars are expensive to run.

Congestion, fumes, and parking add to our daily stress. Our cars pollute the air right where we live. Massachusetts Institute of Technology estimates that in the US around 53,000 people a year die prematurely due to air pollution, most of it related to road vehicles (2).

Let’s see the differences between our methods of transport per mile:

<table>
<thead>
<tr>
<th>Transport</th>
<th>Pounds of CO2 per Passenger Mile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Auto</td>
<td>0.96</td>
</tr>
<tr>
<td>Bus Transit</td>
<td>0.65</td>
</tr>
<tr>
<td>Heavy Rail</td>
<td>0.24</td>
</tr>
<tr>
<td>Light Rail</td>
<td>0.41</td>
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<tr>
<td>Commuter Rail</td>
<td>0.35</td>
</tr>
<tr>
<td>Van Pool</td>
<td>0.22</td>
</tr>
</tbody>
</table>
If we can all reduce our private car use, we can save money. Our communities, both local and global, will also benefit enormously.

Fewer cars on the road means cleaner, less-polluted air to breathe, leading to fewer asthma and breathing problems. Less cars also means more peace and quiet and sense of space. Globally reducing our CO2 emissions will leave many of our fellow humans in their homes, rather than on flooded plains.

Each of the actions below can significantly reduce the cost of running your own car, as well as improve your local and global environment—while still getting you from A to B.

It can be very useful to complete a travel diary to help you understand your own travel needs, especially your regular trips (see page 6.22), and to identify which of the following actions are most appropriate for you.

Some of the following actions will cost you little or nothing, and those costs you do incur should be offset by your savings. In your group, talk about each item and then decide which ones you want to tackle and when. Record your own action plan at the end of this section.

• **Fuel efficient driving** (6.4)
• **Get on your bike** (6.6)
• **Walk this way** (6.8)
• **Take buses and trains** (6.10)
• **Try ride sharing** (6.14)
• **To fly or not to fly?** (6.16)
• **Vacation in the US** (6.18)
Changing how you drive could save more energy than changing what you drive. Fuel-efficient driving has a huge impact on our fuel use and, therefore, our emissions.

It’s easy to do, in fact it’s lots of little actions that add up. Everything from checking your tire pressure and turning off the air conditioner to taking a few miles an hour off your freeway speed.

Aggressive driving can lower gas mileage by 33% at highway speeds and by 5% around town. Sensible driving is also safer for you and others, so you can save more than just money.

While each vehicle reaches its optimal fuel economy at a different speed, gas mileage usually decreases rapidly at speeds above 50 mph. Each 5 mph driven over 50 mph is similar to paying an additional $0.22 per gallon.

Yes, but ... If I close the windows and switch off the air conditioning in July, I'll cook. If you're overheating on the freeway, it's more fuel efficient to use A/C than opening the window or sunroof. At lower speeds, opening windows is more efficient.
Transition Streets

FUEL-EFFICIENT DRIVING

Tips for better fuel efficiency

- Get your car serviced regularly for more efficient driving.
- Stay at or within the speed limit. At 70 mph, you use about 9% more fuel than at 60 mph and 15% more than at 50 mph.
- Keep your tires inflated to the correct pressures. Under-inflated tires create more resistance when your car is moving, so your engine has to work harder.
- Improve aerodynamics and reduce drag by leaving the roof rack at home and closing the windows and sunroof.
- Be gentle with your right foot—rapid acceleration takes a heavy toll on your fuel tank.
- Anticipate road conditions and drive smoothly, avoiding sharp acceleration and heavy braking.
- Don't idle—this uses more fuel in ten seconds than turning the engine off and on. Drive away immediately when starting from cold.
- Check your revs. Move up a gear before 2,500 rpm in a gas car and 2,000 rpm in a diesel car.
- Don't carry around unnecessary weight—empty your trunk.
- Sparingly use air conditioning as it significantly increases fuel consumption.
- Plan your trips to avoid congestion, road work, and getting lost by using an app such as Waze.
- Try combining your trips.
- Avoid short trips—a cold engine gets through fuel almost twice as quickly as a hot one. (Conveniently, these trips are the easiest to walk or cycle.)
- If you're stuck in a jam, switch the engine off if you expect to be there for more than a minute or two.
Cycling keeps you fit. It's fast, reliable, and good for the environment. The transportation choice for the healthy and the climate conscious, bicycles are almost greenhouse-gas-free, good for the heart, and inexpensive—yet they account for only 1% of trips in the U.S. The emphasis is often put on cycling as a leisure pursuit, or something to do on weekends. However, it's amazing how much you can do with your bike rather than the car, especially with a good set of panniers.

Solution

Yes, but ... what about safety? It's true you're safer in a car than on a bike: The stats suggest that cyclists are more likely to be killed on the road than car drivers and more likely to be injured. That said, you're actually more likely to have an accident just walking on the street than cycling in the U.S.
Transition Streets – U.S. version

Next Steps:

1. Promotional video (filming complete, video in process)

2. Completion of Curriculum V1 (final edits to complete)

3. Pilot is several locations across the U.S. (a number of groups are in place for this)

4. Set up of data collection process and tools/monitoring and evaluation (help in this area appreciated!)

5. Training series for facilitators:
   a. On-site training/trainers (TBD)
   b. On-line TeleSeminar series

      Session 1. The Overview: Transition Streets Design, Workbook, Communications & Marketing, Engaging neighbors – why might they want to get involved?
      Session 2. How to make it successful: Nuts & Bolts from project planning to funding
      Session 3. Successfully facilitating the first group meeting.

   c. Where do we go from here? Building of the foundation of Transition Streets

6. Input, revision, input, revision!
Transition Streets – U.S. version

For more information about this Transition US project contact: info@transitionus.org.

Information about Transition Streets – U.S. version can be found here: http://transitionus.org/transitionstreets

We hope you will join us and bring Transition Streets to your neighborhood.