

# Average household reduction of CO2 emissions: 448 pounds a year

## How

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Adjust your shopping habits so you don't have to use this extra appliance. If there are children in your house, you should keep an empty fridge locked, or else donate it. Find out which organizations accept refrigerators and freezers at [www.recyclespot.org](http://www.recyclespot.org).

## Why

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It's easy! Extra refrigerators and freezers are usually not necessary for any typical family. By reducing the amount of food you buy at a time or otherwise adjusting your shopping habits, you can reduce your energy costs and reduce carbon emissions.