

## Home Environmentalism Checklist (Zae Munn, 4/13/08 Forum)

- 1) small initial cost      2) medium initial cost      3) high initial cost

### Water

- \_\_\_\_\_ 1) Low-flow showerhead
- \_\_\_\_\_ 1) Planting native plants, replace grass
- \_\_\_\_\_ 1) Flush less (“yellow is mellow”)
- \_\_\_\_\_ 2) New toilets (1.6 gallon flush)
- \_\_\_\_\_ 2) Rain barrel
- \_\_\_\_\_ 3) Gray water system

### Energy (heating, cooling, lighting)

- \_\_\_\_\_ 1) Light bulbs—transition from incandescent to fluorescent
- \_\_\_\_\_ 1) Line dry clothes—outside and inside
- \_\_\_\_\_ 1) Turn out lights you are not using
- \_\_\_\_\_ 1) Turn off your computer
- \_\_\_\_\_ 1) Turn off power strips when not needed
- \_\_\_\_\_ 1) Set the thermostat even lower in winter, even higher in summer
- \_\_\_\_\_ 1) Live without air conditioning, use fans
- \_\_\_\_\_ 1) Use a push power or an electric mower
- \_\_\_\_\_ 2) Ceiling fans can reduce the need for air conditioning
- \_\_\_\_\_ 2) Programmable thermostat
- \_\_\_\_\_ 3) Furnace—energy efficient
- \_\_\_\_\_ 3) Air Conditioner—energy efficient
- \_\_\_\_\_ 3) Water heater—wrap or energy-efficient
- \_\_\_\_\_ 3) Solar panels
- \_\_\_\_\_ 3) Wind power

### Paper

- \_\_\_\_\_ 1) Online statements
- \_\_\_\_\_ 1) Cloth napkins
- \_\_\_\_\_ 1) Cancel catalogues
- \_\_\_\_\_ 1) Email instead of mail

### Chemical use

- \_\_\_\_\_ 1) White vinegar for most cleaning
- \_\_\_\_\_ 1) Natural pest control (borax, etc.)
- \_\_\_\_\_ 1) Minimize use of dry cleaning; purchase clothes that are washable
- \_\_\_\_\_ 2) Let Us Shine house cleaning service
- \_\_\_\_\_ 2) Childs’ Play Organic Lawn Service

### Food waste

- \_\_\_\_\_ 1) Composting of kitchen scraps
- \_\_\_\_\_ 1) Dumpster diving

Plastic and Styrofoam

- \_\_\_\_\_ 1) Food storage containers instead of sandwich bags
- \_\_\_\_\_ 1) Dry cleaning bags—leave them at the dry cleaner for reuse
- \_\_\_\_\_ 1) Grocery bags—bring your own fabric bags
- \_\_\_\_\_ 1) Return grocery and dry cleaning bags to store
- \_\_\_\_\_ 1) Factor in packaging when you make purchases
- \_\_\_\_\_ 1) Refuse styrofoam, carry your own cups and containers with you
- \_\_\_\_\_ 1) Don't use plastic water bottles, carry your own

Food choices

- \_\_\_\_\_ 1) Limit transportation (local, regional)
- \_\_\_\_\_ 1) Limit meat (vegetarian)
- \_\_\_\_\_ 1) Limit dairy
- \_\_\_\_\_ 1) Limit packaging
- \_\_\_\_\_ 1) Dumpster diving (great article on AlterNet)
- \_\_\_\_\_ 2) Home or neighborhood vegetable garden, container gardening
- \_\_\_\_\_ 2) Limit chemicals (organic)

Recycling (paper, plastics, metal)

- \_\_\_\_\_ 1) City recycling of paper, plastics, metal
- \_\_\_\_\_ 1) Batteries
- \_\_\_\_\_ 1) Recycle plastic grocery bags (Martin's, Walmart, etc.)
- \_\_\_\_\_ 2) Electronic equipment, computers

Transportation

- \_\_\_\_\_ 1) Transpo bus service
- \_\_\_\_\_ 1) Walking
- \_\_\_\_\_ 1) Bicycling
- \_\_\_\_\_ 1) Limit speed when driving
- \_\_\_\_\_ 1) Cruise to the red light instead of accelerating
- \_\_\_\_\_ 3) Prius, other hybrids

Clothing

- \_\_\_\_\_ 1) Resale shops for clothes and other items
- \_\_\_\_\_ 2) Limit purchases of synthetics (polyester!)

Things that should be added to the checklist

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Which of these are we doing with our church property?  
What more can we do?**