



Protect Our Earth

Green Home Sustainability Checklist

Review the checklist annually and try to improve your score!

Sustainable Element	Enter the #1 in this column beside each element that is presently true
A. Energy Conservation	True
1. Do you turn things off when you are not in the room such as lights, TVs, entertainment systems, and your computer and monitor?	
2. Do you use <u>Compact fluorescent lamps</u> (CFLs) bulbs in your house (curly versions of the long tube fluorescent lights you may already have in a kitchen or garage) OR LED lights? An ENERGY STAR® qualified CFL uses about one-fourth the energy and lasts ten times longer than a traditional incandescent bulb that puts out the same amount of light. A CFL uses about one-third the energy of a halogen incandescent.	
3. Do you sometimes air dry your clothes rather than use a clothes dryer?	
4. Do you air dry dishes instead of using your dishwasher's drying cycle?	
5. Do you wash only full loads of dishes and clothes?	
6. Do you have a programmable thermostat to lower utility bills and manage your heating and cooling systems efficiently?	
7. Do you own any ENERGY STAR® rated home appliances?	
8. If available, have you joined an energy awards or re-bate program from your local utility company?	
B. Heat Transfer	True
1. Are your hot water pipes insulated?	
2. Is your hot water heater tank insulated?	
3. Have you lowered your water heater tank temperature to 120 degrees?	
4. Have you tried to decrease cold air leaks by caulking cracks or installing exterior storm windows?	
5. Do you try to minimize opening your refrigerator-freezer doors?	
C. Water Conservation	True
1. Do you take short showers instead of baths?	
2. Have you installed low flow showerheads and faucet heads?	
3. Do you limit running water, i.e.: when hand washing dishes and brushing teeth?	
4. Have you installed low flow toilets?	
5. Do you capture and re-use rain water for irrigation?	
E. Limiting Food Waste	True
1. Do you purchase food as needed to avoid spoilage?	
2. Do you prepare what you need and as available, consume or compost your leftovers?	
3. Do you donate canned items close to expiration to a food pantry?	



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D. Recycling	True
1. Do you recycle cans and aluminum?	
2. Do you recycle plastic?	
3. Do you recycle glass?	
4. Do you recycle cardboard and paper?	
5. Do you recycle toxic materials (i.e.: electronic waste, CFL bulbs, paint, batteries)	
F. Waste Management Supplies	True
1. Do you use re-usables, i.e.: water bottles, drink containers, dishes and utensils?	
2. Do you bring your own bags to the store when shopping?	
3. When eating out, do you bring your own leftover or "To Go" containers?	
4. Do you try to buy in bulk to limit packaging?	
5. Do you use earth friendly non- toxic cleaning products?	
6. Have you reduced your junk mail, signed up for electronic statements and e-pay?	
G. Composting	True
1. Do you compost kitchen waste?	
H. Buying Foods & Beverages	True
1. Do you shop local, using Farmers Markets and farm stands in your community?	
2. Do you buy beef, pork and/or poultry raised without hormones and non-therapeutic antibiotics?	
3. Do you buy certified organic items when possible?	
4. Do you purchase fish from sustainable fisheries?	
5. Do you purchase certified fair trade coffee and/or tea?	
6. Do you eat less meat, by serving smaller meat portions and having a meatless entree weekly?	
7. Do you purchase seasonal fresh fruits & vegetables or grow your own food?	
I. Getting Around	True
1. Do you reduce driving by consolidating trips and walking or biking when you can?	
2. Do you drive sensibly? Aggressive driving such as speeding, and rapid acceleration and braking, wastes fuel.	
Total your score here, the higher the score the better!! ➡	
Name	Date

FOR MORE INFORMATION:

Save Energy, Save Money Tips: <http://www.energy.gov/energysaver/energy-saver>

Non Toxic Home Cleaning: http://eartheasy.com/live_nontoxic_solutions.htm

Meat and Poultry Labeling Terms: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/meat-and-poultry-labeling-terms/meat-and-poultry-labeling-terms>

Sustainable Fish: <http://www.seafoodwatch.org/>