### Sustainable Element

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

## Green Home Sustainability Checklist

*Review the checklist annually and try to improve your score!*

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

**Total your score here, the higher the score the better!!**

| Name | Date |

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**FOR MORE INFORMATION:**

- Sustainable Fish: [http://www.seafoodwatch.org/](http://www.seafoodwatch.org/)