

**Please fill out this quick survey by checking off what you currently do. Then look to the right to see how changing some practices could save more global warming CO2. We need as many ush members as possible to take this survey as a requirement to gaining our Green Sanctuary Certification. We hope it will also raise awareness about how you can help create a more sustainable planet.**

**Thank you, Green Sanctuary Sub-Council**

<b>REDUCE SOLID WASTE</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>	<b>What if I did? CO2 savings</b>
Compost				1,040 lbs by reducing 25% or garbage thru composting
Recycle #1, #2 plastics				*1 below
Recycle all paper products				Recycling a 3' stack of newspapers saves 1 tree
Purchase <b>100%</b> recycled paper products				74% less air pollution+ 43% less water pollution to manufacture than virgin wood
Use re-usable towels, rags, wipes and napkins				214 lbs/ annually
Use re-usable plates, flatware, cups				
Use compostable plastic products				made from sugarcane waste; <a href="http://letsgogreen.biz">letsgogreen.biz</a>
Buy in bulk rather than many small containers				1,354 lbs by buying 15% groceries in bulk
Avoid purchases with excess packaging				
<b>REDUCE TRANSPORTATION ENERGY WASTE</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>	
Bike or walk for short trips				288 lbs by taking 3, 8 mile round trip bike rides/month instead of driving there
Car-pool/use public transportation for trips				543 lbs by car pooling 1day/wk
Consider purchase of hybrid or bio-diesel				6,250 lbs/yr instead of 23 mpg car
Drive 55 mph on highway instead of 65				729 lbs co2 saved
Vacation locally; reduce discretionary flying				3,346 lbs by taking the bus (450 miles each way) ie. Boston to

				DC instead of flying
<b>REDUCE ENERGY WASTE</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>	
Have an energy audit done and/or improve home insulation				Contact utility company
Replace all incandescent light bulbs with fluorescent lighting				718 lbs saved for replacing 4 bulbs
Turn off all lights when not in use				
Set winter thermostat to 65 or lower, summer thermostat to 75 or higher				Cuts 811 lbs. CO2 emitted annually
At end of life cycle, replace appliances low energy appliances				Energy star furnace=11,916 lbs/yr Energy star air conditioner = 3,969 lbs/yr Fridge=1,486lbs/yr Dishwasher=756 lbs/yr
Use power strips with on-off switch for electronic items that draw current even when not powered "on".				
Signed up for clean energy use on utility bill				650 lbs for 1\$/month spent on renewable electricity

<b>CONSERVE WATER</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>	
Using air-air setting on dishwasher (or opening the door and letting air-dry				663 lbs saved
Take short showers (no baths)				*2 below
Install low flow toilets or place milk jug in tank				6,840 water saved by putting 2 water jugs in 3.5 gpf toilet tanks to reduce them to 1.6 gpf
Reduce or eliminate outdoor watering				
At end of life cycle, replace washing machine with water conserving Energy Star front loading model				Savings=1,055 lbs co2/y
If remodeling, install distributed on-demand hot water heater rather than central hot water heater				
Eliminate car washing at home, use a car washing facility that recycles water				
Make sure that all faucets have aerators; Install low flow shower heads				10,950 gal h2o saved by installing 4 faucet aerators

				and 2 low-flow showerheads
<b>REDUCE USE OF TOXIC SUBSTANCES</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>	
Use biodegradable, non toxic cleaning products				*3 below
Eliminate herbicides, pesticides				
Use vegetable based laundry detergents				Detergents are petroleum based. 460,000 barrels of oil saved if each household in US replaced 1 100 oz
Recycle old oil				
Recycle computers and electronic products				Greenmonsterecycling.co
<b>BETTER FOOD CHOICES</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>	
Purchase locally-grown produce				Save 138 lbs CO2 by buying 4 cantaloupes, 3 pints strawberries, 10 green peppers in season(june-aug) as opposed to out of season (nov-feb)
Reduce consumption of meat/poultry; substitute vegetable proteins				Save 546 lbs by eating 1 less lb of beef /wk
Substitute whole foods for processed foods				
Use organically grown foods				
Use a refillable water bottle; not purchased water bottles				Making bottles for water uses 17 million barrel of oil/yr
Reduce usage of food transported from afar				
Use reusable shopping bags				500 billion-1 trillion plastic bags consumed each yr
<b>SEEK EARTH JUSTICE</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>	
Purchase "fair trade" foods, e.g. coffee				
Avoid purchasing food, clothing or other products produced under "sweatshop" conditions				Find out thru the Better World Shopping Guide a green table
Avoid patronizing businesses that violate fair labor practices				"
Avoid patronizing businesses that have a record of harm to the environment				"

\*1 - recycling a single plastic bottle can conserve as much energy to light a 60W lightbulb for up to 6 hours.

\*2 – if everyone reduced his/her shower time by 1 minute that would save enough water to supply the entire state of Texas for 1 month.

\*3 – If every household in US replaced 1 bottle of solvent-based cleaner with solvent-free product = prevent 11 million lbs. Volatile Organic Chemicals (VOCs) from being released into the environment.

Co2 savings compiled from You Can Prevent Global Warning by Jeffrey Langholz, Ph.D., and Kelly Turner; Other sources: Reduce, Reuse, Recycle – An easy household guide by Nicky Scott (at the green table); Green Goes with Everything by Sloan Barnett; Seventh Generation Newsletter