

Cedars UU Church
Green Sanctuary Committee

Our Ecological Footprint – An Environmental Assessment and Survey

Instructions:

This Assessment and Survey was implemented via the web, at www.SurveyMonkey.com. The Cedars UU Green Sanctuary Committee encourages you to edit the following to fill your particular needs. They do not have their own sanctuary; so they were looking for a tool that would allow the congregation to assess their personal footprints as part of their Green Sanctuary candidacy work.

Put an “X” in column 1, in any row where it applies.

For each row, put one “X” in column 3, 4, 5 or 6, whichever is true for you.

Insert a Comment in column 7 wherever you wish. Note: The space for comments on the website will be substantially larger.

I want to learn more about this		I usually do it; will continue	Sometimes do it; will try harder	I will try this	Not practical for me	Comment
Column 1		Col. 3	Col. 4	Col.5	Col. 6	Col. 7
	REDUCE SOLID WASTE					
	Compost yard waste (except seeding weeds)					
	Compost kitchen scraps (except animal products)					
	Recycle metal food cans					
	Recycle glass food containers					
	Recycle plastics (by knowing & using product recycle codes)					
	Recycle newspapers					
	Recycle mail and other paper					
	Recycle cardboard					
	Purchase recycled paper products					
	Use re-usable towels, rags, wipes and napkins					
	Use re-usable plates, flatware, cups					
	Buy in bulk rather than many small containers					

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	Avoid excess packaging on take-out food					
	Limit use of highly packaged "convenience foods" (microwave dinners, snack packs, individual servings)					
	REDUCE ENERGY WASTE: TRANSPORT					
	Use a bicycle for short trips					
	Walk for short trips					
	Car-pool or van-pool to work					
	Use public transportation (where routes exist)					
	Plan shopping/errands to minimize number of trips					
	Car-pool shopping trips with neighbors					
	Car-pool social trips					
	Park car in central place and walk from store to store (e.g. with a portable wheeled cart)					
	At replacement time, substitute a higher mileage vehicle; consider hybrid or bio-diesel					
	Vacation locally; reduce discretionary flying					
	REDUCE ENERGY WASTE AT HOME					
	Have an energy audit done on your home					
	Develop a plan to improve insulation/sealing of house					
	Replace all incandescent light bulbs with fluorescent lighting (except for motion sensors)					

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	Eliminate all exterior lighting which depends on timers or daylight sensors					
	Use non-electrical holiday decorations					
	Turn off all lights when not in use					
	At end of life cycle, replace appliances (e.g. dryer) with Energy Star (low energy and low water usage) appliances					
	Place an insulating blanket on hot water heater					
	Reduce hot water temperature to 120 degrees F					
	Put timer on hot water heater, to cycle off when not needed.					
	Use power strips with on-off switch for electronic items that draw current even when not powered "on".					
	Set winter thermostat to 65 or lower in day, lower at night					
	Don't use air-conditioning (or set thermostat to 75 or higher)					
	Insulate all hot water pipes					
	Insulate heating ducts					
	If renovating, install passive solar energy improvements					
	Install photo-voltaic solar for electrical power					
	Install solar hot-water panels or solar hot water tubes					

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At end of life cycle, replace fossil-fuel heating system with an efficient electrical heat pump (half our electrical power is renewable-hydro).					
Turn off hot tubs if infrequently used					
CONSERVE WATER					
Install low flow shower heads					
Take short showers (no baths)					
Install toilets with dual choice of flushing water quantity					
Consider a composting toilet					
Reduce or eliminate outdoor watering which uses water from a faucet					
Collect rainwater for outdoor watering					
Plant a garden of native plants which do not require watering.					
Create a "rain garden" for catchment and absorption of rainwater					
At end of life cycle, replace washing machine with water conserving Energy Star front loading model					
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					
Reduce car washing					
Make sure that all faucets have aerators					

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	If you must water outdoors, replace spray system with drip system (until you redo your garden in native drought-tolerant plants)					
	REDUCE USE OF TOXIC SUBSTANCES					
	Purchase unbleached paper products					
	Purchase only biodegradable, non toxic cleaning products					
	Use minimal amounts of cleaning products					
	Eliminate all herbicides and pesticides (except for stump herbicides for invasive plants)					
	Instead of herbicides like Round-Up, use a flame thrower for weeds growing through gravel					
	Eliminate all non organic fertilizers and reduce all fertilizers. (Remember that your runoff ends up in Puget Sound.)					
	Place you compost pile where the contents are not immediately washed into the watershed					
	Use water based paints instead of acrylic or oil based. Never use lead-based paints					
	Be very careful with, and clean up any spills of oil, paint thinner, and similar materials; recycle old oil					

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	Recycle computers and electronic products (because they contain heavy metals and other toxic substances)					
	BETTER FOOD CHOICES					
	From April-to-October, purchase produce from growers within 50 miles					
	Substitute whole foods for processed foods					
	Use organically grown foods					
	Avoid overfished endangered species of seafood; substitute plentiful species					
	Reduce usage of food transported from afar					
	Reduce consumption of meat and poultry (e.g. smaller portion size); substitute vegetable proteins					
	Reduce intake of refined carbohydrates; substitute fresh fruits/vegetables					
	Substitute unpackaged foods for overpackaged foods					
	Take your bags for reuse when you shop for food/groceries					
	SEEK EARTH JUSTICE					
	Purchase “fair trade” foods, e.g. coffee, where available.					
	Avoid purchasing food, clothing or other products produced under “sweatshop” conditions					
	Favor businesses that pay their employees a fair family wage					

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	Avoid patronizing businesses that violate fair labor practices					
	Avoid patronizing businesses that give inadequate attention to worker safety					
	Avoid patronizing businesses that have a record of harm to the environment					

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