

MY CARBON FOOTPRINT SCORE

Circle 3 = ALWAYS, 2 = SOMETIMES, 1 = INTENDING TO, 0 = NEVER

<https://www.sierraclub.org/pennsylvania/southeastern/ready-for-100-delaware-county>

IN THE KITCHEN

- 3 2 1 0 I carry my reusable bags to shop for groceries and ALL other shopping too.
- 3 2 1 0 I refuse plastic bags and carry a reusable bag in purse or pocket for small items.
- 3 2 1 0 I use reusable plates and utensils instead of paper and plastic. Landfill is getting full.
- 3 2 1 0 I recycle everything that we can. (plastic #1 - #7, paper, cans, foil, batteries, cardboard, glass, etc.)
- 3 2 1 0 I wash and reuse plastic knives, spoons and forks from all events and functions no matter how 'uncool'
- 3 2 1 0 I buy from local organic farmers markets whenever possible or belong to a CSA.
- 3 2 1 0 I conserve water by only running a full dishwasher running it on 'light wash' and 'air dry'.
- 3 2 1 0 I use the waste water... waiting for water to get warm... to water the plants or clean up.
- 3 2 1 0 I do not waste food and eat leftovers at the next meal.
- 3 2 1 0 I compost all organic kitchen veggie waste & egg shells..
- 3 2 1 0 I do not purchase or knowingly eat any beef, pork or chicken that has been factory farmed.
- 3 2 1 0 I eat no red meat.
- 3 2 1 0 I choose sustainable seafood. www.montereybayaquarium.org/cr/seafoodwatch.aspx
- 3 2 1 0 I do not microwave with plastic containers as a chemical called Bisphenol A or BPA leaches from the plastic into the food. It is a known hormone disrupter and is found in the breast milk of polar bears, alters the fertility of many species in the food chain. ourstolenfuture.org
- 3 2 1 0 I consider buying foods and drinks only from companies that use earth friendly practices, socially responsible methods and who do not use genetically modified ingredients. www.consumerwatch.org
- 3 2 1 0 I do not use products grown in developing countries on recently deforested such as soy products, palm oils, coffee etc. We buy Fair Trade items. see www.greenpeace.org, www.friendsoftheearth.org
- 3 2 1 0 I refuse plastic products and plastic bags, as the plastic is oil based and does not degrade a permanent toxic blight on our planet. <http://www.greenfeet.net/newsletter/quick-facts-on-plastic-pollution.shtml>

AROUND THE HOUSE

- 3 2 1 0 I turn off lights that are not in use.
- 3 2 1 0 I buy and replace light bulbs with LEDs only.
- 3 2 1 0 I hang out laundry to dry in the air rather than use a dryer.
- 3 2 1 0 I unplug electronic devices that are not in use Or, use a smart strip. www.amazon.com/gp/product/B000L9A2S
- 3 2 1 0 I have fun making art out of trash...maybe crocheting plastic bags into tote bags or other creative practices.
- 3 2 1 0 I have had a home energy audit to reduce energy use and dollars.
- 3 2 1 0 I use a water saving shower head
- 3 2 1 0 I do not source paper products from companies that deforest the rainforest for such products see. www.kleercut.net
- 3 2 1 0 I "Close the Loop" by using recycled "paper from paper and not from trees" as Marcal Products, or mesh bags.
- 3 2 1 0 I flush the toilet only when necessary. Each flush uses 5 gallons. * Or replace toilet with 'lowflow' toilet.
- 3 2 1 0 I use rags to clean the house.
- 3 2 1 0 I use green non-toxic cleaning products. (Glass, vinegar or lemon juice in water, Rug deodorizer-baking soda & hydrogen peroxide, Furniture polish lemon juice or lavender essence in vegetable oil.) www.shaklee.com
- 3 2 1 0 I recycle CFLs at Lowes or Home Depot or IKEA
- 3 2 1 0 I use food and other products with minimal packaging.
- 3 2 1 0 I Email Christmas letters when possible and appropriate.
- 3 2 1 0 I reuse, resell and go to yard sales and thrift stores in order to give new life to old or unwanted things.
- 3 2 1 0 I take unwanted clothes and items to be donated or give them away. www.freecycle.com
- 3 2 1 0 I reuse envelopes and use backs of paper for notes and drawings.
- 3 2 1 0 I pay bills electronically.
- 3 2 1 0 I keep equipment well maintained for efficient use fixing and repairing rather than buying new.
- 3 2 1 0 I wear clothes more than once before washing
- 3 2 1 0 I use non-toxic- ECO building materials when renovating. Plant based oil sealants, water-based sealants, etc.
- 3 2 1 0 I discourage living in large energy wasting homes. Encouraging having rooms with dual purposes.
- 3 2 1 0 I do not litter or pollute the environment and take all old medications to the Township for disposal not down the drain.
- 3 2 1 0 I buy organic cotton and am aware of the production conditions used, ie: sweatshops, pollution, exploitation
- 3 2 1 0 I carpool when possible and/or plan several errands when making a trip out.

LANDSCAPE AND GARDEN

- 3 2 1 0 I use a rake instead of a leaf blower enjoying the exercise.
- 3 2 1 0 I use township mulch, made from leaves collected in the fall or shred my own leaves
- 3 2 1 0 I use Cedar wood, a naturally strong pest resistant wood instead of chemically treated lumber.
- 3 2 1 0 I use a non- motorized lawn-mower.
- 3 2 1 0 I only water my lawn early morning and, if appropriate us 'grey water' (old bath water)
- 3 2 1 0 I don't use pesticides/ herbicides. I remove unwanted weeds by hand
- 3 2 1 0 I have a solitary bee hotel for bees to lay eggs. I enjoy seeing the bees in my yard and I'm aware of "No Bees..No Food"
- 3 2 1 0 I have flowers that attract hummingbirds, butterflies and bees in my yard.
- 3 2 1 0 I compost leaves and vegetable matter adding rich coffee grounds to shredded leaves for a perfect fertilizer
- 3 2 1 0 I encourage the spread of native plants and shrubs that feed and protect the wildlife that live here.
- 3 2 1 0 I discourage critters in the yard using cruelty free, non-toxic, smart ways to 'reduce' the visits.
- 3 2 1 0 I grow vegetables in a garden and 'reconnect' with the earth in the process.

ENERGY CONSERVATION

- 3 2 1 0 I signed up for wind energy through PECO or an alternative supplier. www.cleanyourair.org
- 3 2 1 0 I have installed a solar hot water heater
- 3 2 1 0 I have solar panels on my house or property
- 3 2 1 0 I use rechargeable batteries and refrain from buying things that need batteries. I recycle batteries at MOMs or elsewhere.
- 3 2 1 0 I refuse to purchase anything that harms the environment, other people or animals. www.corporatewatch.org
- 3 2 1 0 I have insulated our home after an energy audit
- 3 2 1 0 I have written or called representatives to stop fracking, mountaintop removal, pipelines, etc.
- 3 2 1 0 I have written and protested the current administration's promotion of fossil fuels.
- 3 2 1 0 I have marched in a Climate Change march or two.
- 3 2 1 0 I have bought "Energy Star" appliances and notice the savings.

TRAVEL

- 3 2 1 0 I fly much less.
- 3 2 1 0 I own a hybrid or electric car
- 3 2 1 0 I car pool, bike or use public transportation
- 3 2 1 0 I keep my tires at proper pressure for maximum mpg.
- 3 2 1 0 I consider our impacts on the earth when deciding where and if to vacation or where to live relative to work.
Go to site to calculate your carbon impact. <http://www.nativeenergy.com/pages/travel.calculator/465.php>
- 3 2 1 0 I have a geo-thermal heating and cooling system.

COMMUNITY

- 3 2 1 0 I reduce unwanted junk mail and catalogues by contacting the company to inform them.
- 3 2 1 0 I help with reusing materials. Habitat for Humanity Re-store takes new and used building materials to sell.
They take cabinets, doors, sinks, windows flooring, electrical things, Etc. Go to www.HabitatChesterCountyPa.org.
- 3 2 1 0 I am aware of and ask garden centers to never use Neonics. I protect bees and insects by choosing organic food,
grown without toxic neonicotinoids as they weaken the bee's immune system
- 3 2 1 0 I recycle old cell phones.
- 3 2 1 0 I check out www.ConsumerReports.org to check out ways to recycle appliances, computers and electronics, or take all
hazardous waste to collection sites. www.EARTH911.org is another site for local recycling information.
- 3 2 1 0 I am familiar with the work of the following groups; www.earthShare.org The Environmental Working Group,
www.ewg.org. Environmental Network www.PEN.org., PennEnvironment, Clean Water Action
- 3 2 1 0 I belong and donate to organizations such as Friends of the Earth, Union of Concerned Scientists and Sierra Club.
- 3 2 1 0 I shop at Thrift stores for clothing etc.

IN MY OFFICE

- 3 2 1 0 I use the internet and Email to communicate when possible to save paper
- 3 2 1 0 I turn off my computer at the end of the day to save energy
- 3 2 1 0 I use recycled products and paper....and reuse paper for notes
- 3 2 1 0 I recycle ink cartridges and toners through Staples or other programs.

BUILDING AND HOME MAINTENANCE

- 3 2 1 0 I buy pre-owned furniture when possible., from yard sales, thrift stores etc.
- 3 2 1 0 I keep storm windows down to keep in heat or keep out cold.
- 3 2 1 0 I have 'lowflow' flush toilets that use only 1.6 gallons of water instead of the previous 8 gallons
- 3 2 1 0 I do not put harmful chemicals or medicines down the drain.
- 3 2 1 0 I use chemically safe products when cleaning rugs, carpets etc.
- 3 2 1 0 If I remodel my house, I will use only "Green" products as carpets, cabinets etc.

PERSONAL ACTIVITIES

- 3 2 1 0 I reuse plastic bags and take unwanted ones to Whole Foods or others stores that recycle them.
- 3 2 1 0 I recycle my wine corks at Whole Foods or MOMS, or make dart boards, etc. with them.
- 3 2 1 0 I am a member an Environmentally conscious non-profit.
- 3 2 1 0 I make food dishes from scratch rather than buying processed pre-packaged items.
- 3 2 1 0 I encourage the purchase of food and beverage products from ethically sound environmentally responsible companies
- 3 2 1 0 I educate myself and others on the risks of new technologies so that we are able to defend the earth
- 3 2 1 0 I support organic farmers and discourage genetically modified foods. And buy locally grown items when I can.