

Residential Sustainability

Checklist and Certificate

Starter Level – Sapling



Action (Details on back page)	Done
Change five light bulbs Check the box when you have five modern light bulbs (see overleaf) in your house.	
Consolidate car trips Check the box when you habitually combine trips / carpool / don't own a car / go by bike.	
Adjust your thermostat +/- one degree Check the box after you've adjusted your thermostat by one degree and kept it there.	
Adjust your water heater to 120 degrees Check the box after you've adjusted your hot water boiler.	
Use full loads of dishes and clothes Check the box once you habitually use full loads.	
Find your home energy use Check the box after you've entered all relevant numbers below. kWh : Therms : Gallons :	
Watch a brief video on sustainability Check the box after you've watched at least one of the videos listed on overleaf.	
Attend a Sustainable Wellesley event Check the box after you've been to one of our events.	
Join our email list Check the box once Sustainable Wellesley has your email address. EMAIL ADDRESS:	

Name _____

Date _____

Certified by _____

Date _____

PLEASE check this box to allow us to add your name to the online register of Certificate holders!

Action Details - Starter Level – Sapling

Change five light bulbs

The incandescent light bulb was invented in the 1800s, and it gets so hot because it turns most of the electricity you pay for into heat. Modern light bulbs turn your money into light, not wasted heat. Changing an old incandescent for a compact fluorescent (CFL) or LED light bulb will save you money *and* reduce your carbon footprint. CFLs now cost only \$2-3. To save more, install more.

Typical saving : \$60 per year 800 lb CO2 Light bulb guide : SustainableWellesley.com/lightbulbs

Consolidate car trips

You put expensive gas in your car so don't throw it away on an unnecessary trip. Before you grab the car keys (unless you love sitting in traffic), consider whether the trip you're about to take can be combined with another. A well-managed truck can use as little as a poorly managed hybrid! Savings depend on your trips, but can easily save you 20c on every gallon of gas.

Adjust your thermostat +/- one degree

Heating and cooling your house is expensive. For significant and easy savings, raise your thermostat by 1° in summer, and lower it by 1° in winter. Most people barely notice a one degree temperature change, so changing your thermostat is an effortless way to reduce energy consumption.

Typical saving : \$300 per year 3,000 lbCO2

Adjust your water heater to 120 degrees

Most of us never adjust the temperature of the hot water in our house, but this is easy to do and can have a big impact. If your hot water is too hot to touch and you have to mix it with cold water, then you're wasting money and emissions. Find the dial on your boiler and turn it down to the bold mark / 120°. Adjust again after a day or two if you needed.

Typical saving : \$50 per year 170lb CO2 Help finding the dial : SustainableWellesley.com/hotwater

Use full loads of dishes and clothes

This step is very easy! Just wait until you have a full load of dishes and a full load of laundry before you run the machine. A dishwasher and washing machine will heat as much water for an empty machine as a full one – and all that energy and money is going to waste.

Typical saving : \$150 per year 1,400 lb CO2

Find your home energy use

Knowledge is power! And knowledge *about* power is even more....powerful.... Find your latest electricity / gas / oil bill and enter the total usage for the last 12 months in the boxes on the checklist. If you take all the actions on the checklist, you will see your usage numbers decrease over time, saving energy and money. Watching your home energy use is the first step to understanding your carbon footprint.

For more : www.SustainableWellesley.com/energybills

Watch a brief video on sustainability

There are many reasons for reducing energy usage and emissions, and saving money is only one. To find out more about why sustainability matters, watch one of the following videos:

James Hansen "Why I speak out about climate"

<http://www.youtube.com/watch?v=fWInyaMWB8>

The Story of Bottled Water

<http://www.youtube.com/watch?v=Se12y9hSOM0>

Tom Brokaw/Discovery Channel (long)

<http://www.youtube.com/watch?v=xcVwLrAavyA>

Climate Change is Simple

<http://www.youtube.com/watch?v=pznsPkjy2x8>

Attend a Sustainable Wellesley event

We want to see you! Sustainable Wellesley regularly holds events ranging from lectures on climate change to cocktail parties. Whether you meet with one of our team at a large event or a small one, it counts as an event! Sharing ideas and information empowers us all to create a more sustainable community.

For more about Sustainable Wellesley and our events : www.SustainableWellesley.com/calendar

Join our email list

Sustainable Wellesley will send you one newsletter a month with information about what's happening in and around Town and ideas on how to save money and energy. We also send occasional bulletins. We do not share our email list with ANYONE, ever.