

Energy/Water/Waste

The **League of Women Voters** has long been a leader in social change. We take the time to understand the issues and find a passionate place to stand that allows us to become examples of positive transformation. This committee puts forward a challenge to members, one that again puts us in the position of altering behaviors in hopes of building a better tomorrow. We contend, that as stewards of the home we call “Earth,” we are responsible for standing up to support Society in being the best it can be.

Knowing how to Play

The Challenge: How much can you change in your life? We’re going to survey each of the St. Louis LWV units in March of 2011, and come back and do the same in 2012.

Our **SUPER SIX home targets** - **Leaky/Un-insulated Home, Heating/Air-Conditioning, Water Heating, Electrical Usage (EU)** - (*Refrigerator/Freezer, Lighting, General Appliances, Clothes Washer/Dryer*), **Water Usage and Recycling**

And Remember the **TREMENDOUS TWO travel users** – Our Automobile(s), Planes

My Unit is: University City/Clayton Webster Groves/Kirkwood Chesterfield/Creve Coeur
 Evening Unit St Louis City Unit

TRACKING AND UNDERSTANDING ENERGY USE

1. Do you look at your Energy Bills (electricity and gas) to track your energy use?
YES NO SOMETIMES, BUT NOT ENOUGH

2. What about tracking the gas you use to drive?
YES NO SOMETIMES, BUT NOT ENOUGH

Many families are turning this into a game, trying to get better each year. Remember, it's more fun and easier to improve when you can see the results!

Leaky/Un-insulated Home/Heating/Air-Conditioning

3. Have you gotten an energy assessment for your home to help you identify areas that could be more energy efficient? (*You can get free ones!*)
YES NO

4. Have you added insulation to your walls and attic, installing weather stripping or caulking around doors and windows? (*This can lower the amount of energy you need to heat and cool your home.*)
YES NO

5. Do you have your heating and cooling equipment tuned annually by a licensed contractor?
(This can save energy and increase the comfort of your home while at the same time reduce greenhouse gas emissions.)
YES ___ NO ___
6. Do you turn down the heat while you are sleeping at night or away during the day and keep temperatures moderate at all times?
(Setting your thermostat by just 2 degrees lower in winter and higher in summer could save about 2000 pounds of CO₂ each year.)
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___
7. Do you clean your air filters regularly? YES ___ NO ___
8. When you need to replace your old HVAC systems, will you choose a high efficiency model and make sure it is properly sized and installed?
YES ___ NO ___

Water Heating

9. Have you set your water heater to 120 to save energy?
YES ___ NO ___
10. If your water heater is older than 5 years, do you have it wrapped with an insulating blanket?
YES ___ NO ___
11. Have you replaced your showerheads with low-flow to save hot water and water?
(A low flow showerhead can save about 350 pounds of CO₂ per year)
YES ___ NO ___
12. Do take shorter showers to conserve water?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

EU – Refrigerator/Freezer

13. Is your refrigerator/freezer Energy Star Rated?
(Older refrigerators and freezers use as much as three times the amount of energy as new ones and consume 1000 and 2000 kilowatt-hours per year. They consume 9-15% of a household's total energy consumption because they run day and night. The 2001 standard reduced this consumption to 476 KWh/yr.)
YES ___ NO ___
14. Do you have a second unit running in your home? YES ___ NO ___
15. Do you keep your unit(s) full?
(This will help cut consumption of electricity.)
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

16. Do you keep the coils free of dust and debris, which will help it operate more efficiently?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

17. Do you run your unit(s) in “energy-saver” mode? *(If you have a unit that has an “energy-saver” switch turn it on. Refrigerators are equipped with mullions in the door, which heat the door to prevent condensation on the outside of the unit. Counter-intuitive, right? You betcha! Turn the mullions off by turning the power saver switch ON.)*

YES ___ NO ___

EU – Lighting

18. Have replaced light bulbs with CFL or LED? *(Replacing just one 60-watt incandescent light bulb with a CFL will save you \$30 over the life of the bulb. If every US family replaced one regular light bulb with a CFL it would eliminate 90 billion pounds of greenhouse gases, the same as taking 7.5 million cars off the road. Burning one 100-watt lamp for 1 hour uses 1 pound of coal. 75% of the electrical energy is wasted during production and delivery to our homes. One can see the exponential affect of electrical usage. We can take a bite out of this waste with CFL’s which save 75% energy usage over incandescent bulbs and LED lighting which saves 75% over CFL’s.)*

YES ___ NO ___ SOME, AS THEY NEED REPLACING ___

19. Do you turn off lights when you leave a room?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

20. Do you use motion sensors to turn off lights that are commonly forgotten?

YES ___ NO ___

EU - General Appliances

21. Do you turn off appliances including televisions, stereos and computer when you are not using them?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

22. Do you have items such as computers, printers, TV, DVD etc connected to power strip that allows you to turn the power off when not in use, or smart strips that power down automatically? *(This is a great way to further reduce electricity use.)*

YES ___ NO ___

23. Do you unplug charging devices (phones, laptops...) when they are not in use?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

24. Do you use the energy saving settings on your dishwasher and let the dishes air dry?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

25. Do you only run your dishwasher when it is full to save energy and water?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

26. When you replace older appliances, will you consider those with Energy Star ratings?

YES ___ NO ___

EU - Clothes Washing/Drying

27. Do you wash your clothes in cold water? *(This change alone can save 500 pounds of CO₂ annually)*

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

28. Do you air dry clothes? *(Over its lifetime, a single t-shirt can contribute 9 pounds of CO₂ to the atmosphere. An estimated 60 percent of the energy associated with an article of clothing is used washing and drying it.)*

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

Water Usage

29. Do you turn off the water while you are brushing your teeth?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

30. Do you use mulch around plants?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

31. Do you collect rain water to water your garden?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

32. Do you choose plants in your yard/gardens that need less water?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

Waste

33. Do you recycle? *(Many of the products you have lying around your home, from CFL lamps to batteries and electronics, can be recycled. Visit www.earth911.com to find the nearest recycling location for the products you are looking to discard.)*

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

34. Do you use re-usable shopping bags?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

35. When you shop, do you look for items with minimal &/or recyclable packaging?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

36. Do you purchase products made from recycled materials?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

37. Do you pay your bills on line? *(If every house in America paid bills electronically, 2.1 million tons of GHG emissions would be avoided each year.)*

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

GENERAL

38. Have you planted a tree? YES ___ NO ___

39. Have you installed solar panels? YES ___ NO ___

40. Do you encourage others to conserve? *(Share information about recycling and energy conservation with your friends, neighbors and co-workers and take opportunities to encourage public officials to establish programs and policies that are good for the environment.)*

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

41. Do you compost your yard waste?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

42. Do you maintain your lawn mower engine or use a push mower?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

43. Do you purchase locally produced food and items? *(Support local farmers and farm markets. It helps reduce CO₂ emissions from transporting food from the far corners of the planet. Every less gallon of fuel needed to transport your food from factory farm to table saves between 17 and 19 pounds of CO₂.)*

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

44. Are you a vegetarian or do have a "meatless day" of meals one more day per week?

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

45. Do you select "Green" cleaning products or make your own such as vinegar and newsprint to clean windows, glass and mirrors? *(See LWV Sustainability Web Page for links to resources and Green Cleaning recipes! <http://www.lwvstl.org/Sustainability.html>)* ⓘ

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

46. Do you recycle household items and materials when doing renovation work? ⓘ

YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___ ⓘ

47. When purchasing wood for decks, fences and other garden structures do you use only Forest Stewardship Council (FSC) wood? *(This certification helps to guarantee that the wood was produced in a responsible, sustainable way.)*²
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

Driving/Flying

Practice driving less and driving smart: every gallon of gas you save not only helps your budget it also keeps 20 pounds of CO₂ out of the atmosphere.

48. Do you car pool to LWV meetings?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___
49. Do you car pool, ride share, walk, bicycle or take public transportation to reduce driving?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___
50. Do you maintain the air pressure in your car tires?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___
51. Do you maintain your car engine to optimize fuel efficiency?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___
52. Do you drive a fuel-efficient vehicle (>30mpg)? *(Every mile less you drive in a compact car can avoid approximately 1.1 pounds of CO₂ emissions-bigger the car, more emissions.)*
YES ___ NO ___
53. Do you drive a hybrid? YES ___ NO ___
54. Do you park in the shade?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___
55. Do you avoid travel during congested, peak rush-hour traffic?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___
56. Do you try to smooth your driving by accelerating and decelerating gradually, anticipating stops and starts for traffic lights, changing traffic speeds and so on?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___
57. When it is time to buy a new car, will you consider choosing one that offers good gas mileage?
YES ___ NO ___ SOMETIMES, BUT NOT ENOUGH ___

Reduce, Reuse, Recycle and Rethink!