

A Guideline for Earth Friendly Practices

As a First step to becoming a Green Team Unit:

BE AN EARTHKEEPER: TAKE THE PLEDGE

Every action has consequences on other humans and on the earth. Become aware of the outcome of your actions, reduce your impact on others, and walk lightly on the earth. Consider these practices to be a spiritual discipline.

I pledge to work toward the following environmentally safe practices.

1. EDUCATION

- ___ Learn about the environmental crisis and ecological justice.
- ___ Read about or join a study group fostering voluntary simplicity.

2. GREEN YOUR LIVING SPACE

Energy Use

- ___ Alternative energy: solar/ geothermal/ purchase wind from your energy company.
- ___ Purchase Energy Star appliances (refrigerator, dishwasher, washer/dryer, water heater, dehumidifier) and high efficiency furnace, air conditioner, and windows.
- ___ Get programmable thermostat. Lower thermostat in winter; raise it in summer. Change settings when away. Use ceiling fans.
- ___ Clean/ replace filters for all appliances/furnace with filters.
- ___ Replace all incandescent light bulbs with compact fluorescent light bulbs
- ___ When not in use, turn off lights, TV, computer, appliances. Prefer natural light.
- ___ Turn off TV, computer, microwave, etc. at the strip/ plug.
- ___ Run full loads in dish washer, washer, and dryer. Use short cycles/ clothes line.
- ___ Use microwave/ toaster oven/ slow cooker rather than oven/range.
- ___ Set refrigerator at 36F to 42F, freezer at -5F to +6F, and water heater at 120F.
- ___ Use cold or warm water when washing clothes; rinse in cold water.
- ___ Insulate walls/ attic. Repair leaks around windows/doors. Lock windows to seal.
- ___ Repair hot water leaks. Insulate water heater ("lanket" + hot water pipes (wrap).

Cleaning Products

- ___ Use non-toxic dish detergent, laundry detergent, and cleaning products.
- ___ Use safe cleaning products either purchased or homemade.
- ___ Avoid spray products for cleaning, air-freshening, and cooking.

Water Use

- ___ Do not let water run while doing tasks.
- ___ Install low-flow shower heads and faucet aerators.
- ___ Repair faucet leaks and toilet runs immediately.
- ___ Take a shower rather than a bath, and shower less often.
- ___ Wash dishes and laundry on full load.

Food

- ___ Buy fair-trade products.
- ___ Buy organic products.
- ___ Buy local produce and products.
- ___ Buy only what you will consume, and then use all you buy.

- ___ Put on your plate only what you will eat, and then eat all on your plate.
- ___ Eat fewer (or no) meat meals each week. Have a hunger meal each week.

Paper Use

- ___ Use recycled, post-consumer paper products for kitchen, bathroom, and cleaning.
- ___ Avoid paper towels; use cloth napkins and handkerchiefs.
- ___ Use electronic media rather than paper. Avoid bright-colored paper.
- ___ Use recycled, post-consumer, acid-free note/office paper or paper from tree farm.
- ___ Use the paper completely on both sides.
- ___ Avoid bright-colored paper.

Reduce/ Recycle/ Reuse

- ___ Avoid use of paper, plastic, and Styrofoam in plates, cups, and utensils.
- ___ Recycle glass, tin, plastic, newsprint, mixed paper, cardboard, etc.
- ___ Recycle batteries, printer cartridges, cell phones, plastic bags.
- ___ Safely dispose of computers, printers, paint, and other toxic products.
- ___ Do not put grease or strong chemicals down drains.
- ___ Buy products with less packaging.
- ___ Compost food scraps and lawn clippings.
- ___ Use canvas bags for shopping or reuse paper/plastic when shopping.
- ___ When eating out, take your own plastic container for leftovers.

3. TRAVEL

- ___ Purchase high mileage car. Maintain engine/tire pressure. Change oil/air filter.
- ___ Over 55 miles per hour, drive more slowly. Easy stops and starts. Do not idle.
- ___ Where feasible walk, bicycle, and carpool.

4. WORK

- ___ Green the work space and work practices: office, shop, factory, classroom
- ___ Advocate with employers to green your company, agency, or institution.
- ___ Promote greening among fellow workers and clients/customers/students.

5. NATURE

- ___ Enjoy as kin the plants and pets in your living space.
- ___ Take ten minutes a day to enjoy/love nature. Take a retreat with nature
- ___ Use devotional materials that enhance your love of nature and your care for it.

6. PUBLIC COMMITMENTS

- ___ Advocate for environmentally friendly legislation and policies.
- ___ Restore a local habitat; protest a local environmental violation.
- ___ Contribute to social justice organizations and environmental organizations.
- ___ Invest in socially responsible stocks and bonds that foster eco-justice.

SIGNED _____ **DATE** _____