

WHUUF Green Sanctuary Accreditation Project
Voluntary Self Exam For Congregants On Eco Friendly Living

If you choose to take this self exam, we ask that you share the results with us by placing this completed form in a designated box by our bulletin board near WHUUF's kitchen area. We will return this form within a few weeks. The intent of the exam is to encourage you to live a more environmentally friendly life, and to help our accreditation process. We ask that you take the exam during November 2006, and repeat the exam during November, 2007, to note any progress. The results will be retained in confidentiality by the 3-member self exam subcommittee. Please answer as follows:

Y = yes, always, or often; N = no, never, or seldom; M = maybe or sometimes; NA = not applicable to me, DK = don't know

If you check (✓) the "Info?" column we'll provide you with more information on the subject.

Name: _____, Date: _____ 2006, Date: _____ 2007

All questions below are preceded by "DO YOU ..."

'06 '07 Info?

ENERGY (note that where the energy source is fossil fuels, global warming is affected)

Heating and Cooling

- | | | | |
|-----------------------------------------------------------------------------------|-------|-------|-----|
| have solar cells (photo voltaic) for electricity generation?----- | _____ | _____ | () |
| know how efficient your heating furnace is? ----- | _____ | _____ | () |
| have your heating system checked yearly? ----- | _____ | _____ | () |
| change your filters periodically and close vents not needed? ----- | _____ | _____ | () |
| use a programable thermostat? (programming can cut costs) ----- | _____ | _____ | () |
| lower the thermostat and add more clothes layers in colder weather? ----- | _____ | _____ | () |
| draw drapes/blinds when dark or not home? (windows transfer heat more than walls) | _____ | _____ | () |
| free heating/cooling vents from any restrictions? ----- | _____ | _____ | () |
| minimize the use of air conditioning? ----- | _____ | _____ | () |
| prevent heat losses by checking/repairing door and window seals? ----- | _____ | _____ | () |

Appliances

- | | | | |
|----------------------------------------------------------------------------------------|-------|-------|-----|
| believe your appliances are energy efficient? (most appliances are rated) ----- | _____ | _____ | () |
| avoid keeping your refrigerator at the coldest setting? (a moderate setting saves) --- | _____ | _____ | () |
| use hand powered appliances and try to avoid electrical appliances? ----- | _____ | _____ | () |
| minimize clothes dryer use by using a clothes line or clothes rack? ----- | _____ | _____ | () |
| wash clothes with warm, or better, cold water? ----- | _____ | _____ | () |
| wear clothes more between washings? ----- | _____ | _____ | () |
| use the dishwasher, preferably when full, and minimize washing by hand? ----- | _____ | _____ | () |
| use the air dry setting rather than the heat dry setting on your auto dishwasher? ---- | _____ | _____ | () |
| turn off the lights and other appliances when not needed? ----- | _____ | _____ | () |

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'06-'07 Info?

- use energy efficient lighting such as compact fluorescent bulbs? ----- ()
- insulate the hot water heater and hot water pipes? ----- ()
- have solar heating panels for hot water? ----- ()

GREEN PURCHASING, GREEN INVESTING, AND BOYCOTTING

- minimize purchasing non-essential goods and services? ----- ()
- avoid compulsive shopping? ----- ()
- have a familiarity with the social concept of voluntary simplicity? ----- ()
- try to repair dysfunctional tools? ----- ()
- invest with socially and environmentally responsible investment firms? ----- ()
- boycott goods/services from sources that are unjust or unfair? ----- ()

FOOD PRODUCTION AND CONSUMPTION

Plant centered diet

- know that plant sources use less resources? ----- ()
- know that meat from factory-raised, close-quartered livestock can be harmful? ----- ()
- know animal products contain no fiber, which is essential for digestion? ----- ()
- know beans, grains, and nuts can provides protein needs? ----- ()
- know calcium needs can be met without dairy products? ----- ()

Food Grown By Sustainable Practices

- know what sustainable practices are? ----- ()
- know sustainable practices retain soil fertility and avoid soil erosion? ----- ()
- buy organic foods which are considered the most sustainable? ----- ()

Whole Foods As Opposed To Processed Foods

- consume mostly whole foods which are better for you and the environment? ----- ()
- know whole foods require less energy and resources? ----- ()
- know that processing can remove some nutrients and fiber? ----- ()
- know processed foods can include toxic dyes and additives? ----- ()

Locally Grown

- try to buy locally grown food which can be fresher and more nutritious? ----- ()
- know a wide variety of food can be locally or regionally grown? ----- ()
- know the local farmers keep profits mostly in the community? ----- ()

Food as a values-based social bond

- participate in potlucks and group meals that build community and educate all? ----- ()
- participate in cooking classes that can help in food preparation skills? ----- ()

All questions are preceded by "DO YOU ..."

'06 '07 Info?

Waste reduction

- participate in group buying which is less costly and saves packaging? ----- ()
- know there are local organizations that accept donations of surplus foods? ----- ()
- compost food scraps and easily composted yard trimmings? ----- ()
- try to buy whole foods in bulk to reduce packaging? ----- ()

LANDSCAPING

Trees

- have trees around your home to benefit from their shade? ----- ()
- grow fruit trees to provide a harvest of home grown fruit? ----- ()
- grow trees native to the region? (watering needs are greatly reduced) ----- ()

Lawn and Garden Care

- avoid pesticides and chemical fertilizers? ----- ()
- mow your lawn only when it needs cutting? ----- ()
- use a push mower or electric mower which is best for the environment? ----- ()
- minimize lawn area or replace it with natural landscaping? ----- ()
- water the lawn and garden sparingly? ----- ()
- use non power tools as much as possible? ----- ()

Multi Functional Gardens

- raise a variety of edible plants? ----- ()
- use drought-tolerant, native plants and ground covers? ----- ()
- establish habitat for birds, amphibians, and favorable insects? ----- ()
- use home-prepared compost, mulch, or worm casings? ----- ()
- use rain barrels to collect rain from roof tops? ----- ()

Permeable Paving Materials

- know permeable paving materials are available and affordable? ----- ()
- use permeable paving materials that benefit you and your watershed? ----- ()
- know block pavers have a natural, pleasing look? ----- ()

CHOOSING OR BUILDING A HOME (remember, a home is not "necessarily" a house)

- select environmentally friendly designs and materials? ----- ()
- select a location allowing for less heating and cooling energy? ----- ()
- know partially shaded locations and drought-resistant vegetation use less water? ---- ()
- choose a location that allows easy access to alternative transportation modes? ----- ()
- choose appliances that reduce energy needs? ----- ()
- choose plumbing designs, insulation, and fixtures that improve water efficiency? ---- ()
- plan renovations and/or repairs in an environmentally friendly way? ----- ()

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'06-'07 Info?

REUSABLES

- try to avoid "disposable" anything? ----- ()
- buy used items? (cars, furniture, anything in 2nd hand stores) ----- ()
- use sponges and cloth towels for cleaning? ----- ()
- mend clothes, repair furniture, and try to fix broken things? ----- ()
- attempt to conserve resources? (Water, gas, soap, detergent, paper, etc.) ----- ()

RECYCLING

- recycle items that could contaminate land fills? (batteries, paint, computers, etc) ----- ()
- use the recycling services provided in your community? ----- ()
- make an effort to recycle stuff for which you have no further use? ----- ()
- take advantage of local stores that sell or give away recycled stuff? ----- ()
- do you know the proper disposal method for various items? ----- ()

TOXIC CHEMICALS

- avoid the use of household pesticides and anti bacterial cleaners? ----- ()
- clean windows with vinegar rather than ammonia-based products? ----- ()
- pull weeds in the yard rather than using herbicides? ----- ()
- use non-toxic, plant-based alternatives for paints and solvents? ----- ()
- avoid the use of bleach and use borax and soap instead? ----- ()
- avoid aerosol cans as the propellants are often hazardous? ----- ()
- use nontoxic substances where available, such as detergent for dishes and clothes? - ()
- seek non-toxic alternatives for wood finishes such as floors and furniture? ----- ()

TRANSPORTATION

- attempt to drive less and car pool more? ----- ()
- use alternative or public transportation whenever possible? ----- ()
- own or share a fuel efficient car? ----- ()
- attempt to drive the speed limit? ----- ()
- avoid quick starts and stops while driving? ----- ()
- check often to see that your tires are properly inflated? ----- ()
- use A/C sparingly? ----- ()

EDUCATION.

- participate in the many Northwest Earth Institute short courses? ----- ()
- read books that address eco friendly living? ----- ()
- belong to organizations that promote environmental causes? ----- ()
- seek advice from green purchasing guides? ----- ()
- try to inform and educate others about eco friendly living? ----- ()