

First Unitarian Congregation of Toronto Green Self Audit:

As part of being a Green Sanctuary Congregation, we ask you to complete this audit by the end of March, 2014. It will help raise your awareness of the environmental impacts of your everyday life and help you identify areas where you may need more education, assistance or support. Please complete it online or, if you use hard copy, give it to the Green Team during Coffee Hour.

**PLEASE COMPLETE THIS AUDIT BY END OF MARCH, 2014.**

Results will be compiled by the Green Team, and programs will be offered to address these findings.

This is a survey of what you are actually doing now (or have completed in the past) to reduce energy/water/toxic substances in your household. Only one survey should be completed per household.

There are 4 possible responses to each item below:

1. **YES** –meaning you have done this or do this
2. **NO**- meaning you do not do this
3. **NO MARK**- meaning it does not apply to you
4. **CIRCLE**- If there is an item you want to learn more about, circle the item.

#### **MAKE EARTH-FRIENDLY FOOD CHOICES**

**(No) (Yes)**

Take reusable bags when shopping for groceries

When possible, select whole foods instead of processed foods

Select locally grown, organic foods when available

Emphasize “in season “ produce

Select unpackaged (bulk) foods instead of prepackaged foods

Reduce consumption of meat

Have a vegetable garden

Purchase from local farmers (farmers’ market, farm stand, CSA)

#### **REDUCE ENERGY USE AT HOME**

**(No) (Yes)**

Had an energy audit done at home

Improved insulation/sealing of house

Replaced all frequently used incandescent light bulbs with compact fluorescent lights except for motion sensors and those on dimmer switches

Eliminated outdoor lights (except for security lighting)

Use non-electric or LED holiday decorations

Turn off lights when not in use

At end of their life cycle, replace appliances with Energy Star appliances

Installed an insulating blanket on electric water heater

Reduced hot water temperature to (30 Degrees C)equivalent of 120 degrees F

Use power strips with off-on switch for electronic items that draw current even when not powered on.

Set winter thermostat to 18 degrees or lower during the day, lower at night

Don't use air conditioning or set summer thermostat to 15 degrees or higher(78 Degree F-equiv. )

Insulated hot water pipes

Insulated heating ducts

Installed photo-voltaic solar panels for electrical power

Considered using Bull Frog Power\* (see note at end of survey)

At end of life cycle, replaced heating system with a high efficiency heating system

Reduced clothes dryer use by hanging clothes on line

Purchase renewable (green) energy use

## **REDUCE ENERGY USE: TRANSPORTATION**

**(No) (Yes)**

Walk or use a bicycle for short trips

Car pool when possible

Use public transportation (where routes exist)

Plan shopping/errands to minimize number of trips

At replacement time, substituted a higher mpg vehicle, hybrid or electric car

Limit speed on highways to 90-100 kph

Check tires monthly to maintain proper inflations

Vacation locally

Reduced discretionary flying

If your driving is limited during the year, sign up for a company like Autosshare  
(which uses hybrids and electric cars and pays your gas)

## **REDUCE SOLID WASTE**

(No) (Yes)

Recycle everything the blue bin allows

Compost kitchen scraps (except animal products)

Purchase paper products with recycled content

Use re-usable products (eg. Rags, washable cups) instead of paper, plastic or  
styrofoam products

Buy in bulk rather than in many small containers

Signed up to reduce junk mail

Signed up to reduce catalogues

Avoid use of bottled water

Limit use of highly packaged "convenience foods" (microwave dinners, snack  
packs etc.)

Make a conscious effort to reduce- buy fewer things

Use options such as Goodwill for items you no longer need

## **REDUCE USE OF TOXIC SUBSTANCES**

- (No) (Yes) Purchase only biodegradable, non-toxic cleaning substances
- Use water based, low VOC paints
- Purchase process chlorine free paper products
- Recycle old oil and be very careful with spills of paint thinner, oil etc.
- Recycle computers, electronic products and ink cartridges
- Use rechargeable batteries whenever possible
- Take hazardous waste to a Municipal Hazardous waste disposal site
- Avoid use of air fresheners that contain Pthalates
- Buy plant-based, unscented laundry detergents instead of scented, petroleum-based laundry detergents
- Avoid Teflon-coated cookware, which emits toxic particles during manufacture and in the home with high-temperature cooking
- Find substitutes for products in aerosol containers (E.g. Non-pressurized hair-sprays)

## **CONSERVE WATER**

- (No) (Yes)
- Installed low flow shower heads
- Installed aerators on faucets
- Take short showers (5 minutes or less)
- Use an Energy Star front loading washing machine
- Installed distributed on-demand hot water heater rather than central hot water heater
- Reduced car washing

## **YARD CONSERVATION**

- (No) (Yes)

Compost yard waste

Don't water the lawn- or do so sparingly

Collect rainwater for outdoor watering

Created a "rain garden" for catchment and absorption of rainwater

Installed a permeable surface driveway

For necessary watering, use a drip system instead of a spray system

Eliminated chemical pesticides and herbicides

Used organic fertilizers instead of chemical ones

Use hand tools instead of fossil fuelled power tools

Remove invasive plants (like Japanese barberry, Japanese knotweed)

Replaced some lawn with native perennials, bushes and trees

Landscaped to reduce home energy use

#### **SEEK EARTH JUSTICE**

(No) (Yes)

Choose Fair Trade Coffee (if possible, shade grown and organic)

Avoid patronizing businesses that have a record of harming the environment

Avoid patronizing businesses that have a record of unfair labor practices

Avoid businesses that have a record of opposing policies to combat global

Warming

Have requested that at least one business change some policy (e.g. carry Fair Trade products, or recycled paper products; stop opposing environmental legislation) in the past 12 months

Have written a letter about an environmental issue

Have written or called an elected official about an environmental issue

Support an environmental organization (like the David Suzuki Foundation, Eco Justice or

World Wildlife Foundation)

Have participated in a local environmental effort in the past 12 months

**RECONNECT WITH THE NATURAL WORLD**

(No) (Yes)

Have visited a local nature center in the last 12 months

Have taken a walk/hike in a natural area in the past 12 months

Can identify more than 10 species of birds and more than 5 species of trees

Have participated in a neighborhood clean-up in the past 12 months

\*Bull Frog Power-

An Ontario-based Power company that works like a co-operative(I will get more info on this)

Number of people in the household? \_\_\_\_\_

Do you live in a house or apartment? \_\_\_\_\_

Do you own a car? \_\_\_\_\_

Write any comments or questions you have below . For example, is there a specific area you have identified that you would like more information about?

Name: (optional) \_\_\_\_\_

Contact information: \_\_\_\_\_