



# EcoAction Teams Activities Checklist

<b><u>LEVEL 1</u></b>	<b>I already do this</b>	<b>I commit to do this</b>
<b>Activity 1</b>		
<p><b>Refrigeration Moderation</b> A refrigerator consumes the most energy of all domestic appliances – approximately 25%. It also represents 11% of total energy consumption. To ensure that your home refrigerator is using as little energy as required, turn up the temperature.</p> <p><b>Activity:</b> Adjust the refrigerator thermostat between 2°C and 3°C and the freezer between -18°C and -15°C.</p>		
<b>Activity 2</b>		
<p><b>Composting: An Easy Combination</b> Every household's garbage is made up of organic materials such as fruit and vegetable scraps, coffee grounds, and egg shells. You could cut your household waste in half by composting.</p> <p><b>Activity:</b> Separate your food waste from your regular garbage and recycling. Designate a small household container or bucket for your food scraps, then dump the contents into your backyard composter or green bin daily.</p>		
<b>Activity 3</b>		
<p><b>Reduce Shower Time by Five Minutes</b> Showering is one of the highest water use activities, consuming 11 to 20 litres per minute. Plus, up to 15% of your energy bill goes to heating water.</p> <p><b>Activity:</b> Reduce your personal shower time by 5 minutes.</p>		
<b>Activity 4</b>		
<p><b>Bring a Bag</b> Collectively, Canadians take home over 55 million plastic shopping bags every week, the majority of which eventually end up in landfills. The average family of four in North America uses 1,000 plastic bags each year of which 80% come from the grocery store.</p> <p><b>Activity:</b> Reduce the number of disposable plastic bags brought into your home by bringing your own bag when you go shopping.</p>		
<b>Activity 5</b>		
<p><b>Idling Gets You Nowhere</b> Natural Resources Canada reports that Canadian drivers idle their vehicles an average of five to ten minutes a day. If every driver of a light duty vehicle avoided idling by 5 minutes a day, collectively we would save 680 million litres of fuel, over 1.6 million tonnes of GHG emissions, and \$646 million in fuel costs annually.</p> <p><b>Activity:</b> Reduce your daily idling time to zero. Turn off the car if you are stopped for more than ten seconds. After ten seconds, idling can burn more fuel than turning off the engine and restarting it.</p>		



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<b>Activity 6</b>		
<p><b>Temperate Temperature</b> Home heating and cooling accounts for up to 30% of your personal greenhouse gas emissions. Consider lowering your thermostat in the cooler months. For each degree you adjust it, you can save up to 5% on your utility bills.</p> <p><b>Activity:</b> When it's cold outside and you're at home, set the temperature between 19° and 20°Celsius.</p>		
<b>Activity 7</b>		
<p><b>Cool Control</b> Air conditioners can provide cool relief in hot, summer months. They can also burn you with costly hydro bills. On average they cost over \$70 a month to operate. Cut back on your usage and improve the efficiency of your A/C.</p> <p><b>Activity:</b> Turn up the A/C by 2 degrees. The recommended temperature setting is 24 to 25 degrees Celsius. If you have central air you might want to install a programmable thermostat.</p>		
<b>Activity 8</b>		
<p><b>Water Heater: How Low Can You Go?</b> Residential water heating typically accounts for 15% of a home's energy needs and produces approximately two tonnes of the greenhouse gas carbon dioxide, annually. This represents about 15 million tonnes of CO2 per year in Canada.</p> <p><b>Activity:</b> Turn down the thermostat on your water heater to reduce household energy consumption and prevent scalding. Most hot water heaters are set by default to 60 °Celsius, which can be safely lowered to 54 °Celsius.</p>		
<b>Activity 9</b>		
<p><b>Leave Them High and Dry Outside</b> Among the major appliances in the home, the clothes dryer is the second-largest energy consumer, costing about \$85 to operate each year. One way to keep our air cleaner while saving on energy costs is to air dry your laundry.</p> <p><b>Activity:</b> Set up a clothesline outside to dry your laundry using the power of sun and wind. A clothes rack is a good option for indoor use.</p>		
<b>Activity 10</b>		
<p><b>Wash on Cold</b> Switching your washer settings can have a huge impact. Did you know that if every household in Canada switched to cold water to wash their clothes, approximately 1.5 billion kilograms of greenhouse gas emissions would be saved?</p> <p><b>Activity:</b> Conserve energy and make your clothes last longer by switching to cold water washing and rinsing. Set your dial to cold/cold.</p>		



## LEVEL 2

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### Activity 1

#### ***CFLs Are A Bright Idea***

A compact fluorescent light bulb (CFL) uses 66% less energy than a standard incandescent bulb and lasts about 10 times longer. The average Canadian household uses 26 light bulbs of which three quarters are ordinary incandescents.

**Activity:** Replace incandescent light bulbs with CFLs.

### Activity 2

#### ***Save Every Drop in the Sink***

Running the tap to wash, rinse, and get cold drinking water are habits that waste a lot of water. In the kitchen, chill water in the fridge and fill a bowl to wash produce. In the bathroom, use a face cloth and receptacles to hold water for shaving and teeth brushing. You'll save 18 litres of water by washing your hands and brushing your teeth with the taps off.

**Activity:** Conserve water in the bathroom and kitchen by not running the taps.

### Activity 3

#### ***Run Dishwasher When Full***

An automatic dishwasher uses approximately 40 litres of water whether it is full or only partially full of dishes.

**Activity:** Reduce your water use by only running your dishwasher with a full load.

### Activity 4

#### ***Dam Toilet Tanks***

Up to 30% of the water consumed in your home is flushed down the toilet. If your toilet is still in good condition but not low-flow, you may find it hard to send it to the landfill. Installing a displacement dam in the toilet tank can save you up to five litres a flush.

**Activity:** Install a displacement dam in every toilet tank in your house. Only use toilet dams in non low-flow models.

### Activity 5

#### ***Litterless Lunch***

It might be hard to convince the kids that less packaging is cool, but by packing lunch in reusable containers, you can save 45% in expenses and produce 89% less waste than people who pack lunches with single-use disposable containers and bags. \*Don't forget to make your lunch litterless too!

**Activity:** Pack meals in reusable containers and bottles rather than using plastic wrap or aluminium foil.



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<b>Activity 6</b>		
<p><b>Paper is Nice, Use It Twice</b> Approximately 300 litres of water are needed to produce 1 kg of paper. Use both sides of a sheet of paper (junk mail, scrap paper, or old paper) before recycling.</p> <p><b>Activity:</b> Put a basket beside the phone and wherever else you need paper. Keep it filled with scrap paper for notes, and make sure both sides are used before recycling.</p>		
<b>Activity 7</b>		
<p><b>Clothing Swap!</b> An average of 7 kilograms of textile waste per person sits in landfills each year. Give your clothes another chance at life by passing them on! You will free your home of unwanted items and keep them out of the landfill.</p> <p><b>Activity:</b> Go through closets and storage spaces to gather items like clothing, bedding, curtains and other fabrics that you no longer use.</p>		
<b>Activity 8</b>		
<p><b>No Junk Mail, Thanks</b> Over 13 billion pieces of junk mail are delivered to Canadian mailboxes every year. That's about 450 pieces for every person! Most people do not want to receive flyers or addressed admail like new credit card offers, so why not reduce the amount that comes into your home?</p> <p><b>Activity:</b> Write to the Canadian Marketing Association to have your name removed from mailing and telephone lists; Make a "No Junk Mail, Thanks" sign for your mailbox; Send junk mail back to the sender (write Return to Sender on the front of the envelope).</p>		
<b>Activity 9</b>		
<p><b>Check Tire Pressure</b> If just one tire is underinflated by 20%, you will use an additional 74 litres of fuel annually, which translates into 177 kilograms of GHGs. You can improve your gas mileage by more than 3% by keeping your tires inflated to the proper pressure.</p> <p><b>Activity:</b> Check the tire pressure on your vehicle regularly.</p>		
<b>Activity 10</b>		
<p><b>The Cost of Speeding</b> Driving above the speed limit burns more gas than driving within posted limits. By altering your driving behaviour for the better, you can reduce both fuel consumption and GHG emissions by up to 20%.</p> <p><b>Activity:</b> Drive the speed limit.</p>		



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<b>Activity 11</b>		
<p><b><i>Eat More Vegetarian Meals</i></b>            Canadians eat more than twice as much meat than the global average. Review your diet and see how much meat is consumed, and look for opportunities to include vegetarian alternatives.</p> <p><b>Activity:</b> Choose one day each week to eat only vegetarian meals. If you are already doing that, add more days where your household goes meat-free.</p>		
<b>Activity 12</b>		
<p><b><i>Water Your Lawn in the Morning</i></b>            Most regions in Canada receive an adequate amount of rain all year-round, yet outdoor water use doubles during the summer months. The best time to water your lawn is in the early morning when it is not hot, sunny, or windy. Watering in the evening can cause lawn disease as the ground will stay wet through the night. And while the heat may get unbearable, your lawn will only need one inch of water each week.</p> <p><b>Activity:</b> Cultivate a water-smart yard by watering early in the morning, only when necessary.</p>		
<b>Activity 13</b>		
<p><b><i>A Little TLC for the A/C</i></b>            Dirt and dust quickly builds up on filters and outdoor cooling coils. Proper maintenance is critical in ensuring that your air conditioner will operate efficiently and have a long service life.</p> <p><b>Activity:</b> Inspect and replace your air conditioner filter once a month when the A/C is in regular use.</p>		
<b>Activity 14</b>		
<p><b><i>Showering: Go Low-flow</i></b>            A five-minute shower with a low-flow showerhead uses only 35 litres of water. And the best part is, you won't even feel the difference!</p> <p><b>Activity:</b> Replace all showerheads in your home with low-flow models.</p>		
<b>Activity 15</b>		
<p><b><i>Install Faucet Aerators</i></b>            Installing aerators on the taps in your home can help you reduce your water flow by up to 50%! Faucet aerators are inexpensive and easy to install, helping you to reduce your consumption without having to think about it.</p> <p><b>Activity:</b> Check to see if your faucets are threaded to accept aerators. Install aerators that have a rated flow of 12.5 litres per minute or less.</p>		



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<b>Activity 16</b>		
<p><b>Standby Your Powerbar</b> In the average home, 75% of the electricity used to power home electronics is consumed while the products are turned off. In heavy load areas such as computer and entertainment units, use a power bar to switch off easily.</p> <p><b>Activity:</b> Eliminate phantom loads in your home by unplugging electrical appliances when not in use and by switching off power bars.</p>		
<b>Activity 17</b>		
<p><b>Reusable Menstrual Products</b> The average woman throws away over 10,000 sanitary napkins or tampons during her lifetime. Each year, more than 7 billion tampons and 12 billion sanitary pads and their packaging are disposed into landfills and sewage systems in the U.S. alone. There are many alternatives to disposable menstrual products including reusable cloth pads, a reusable cup, or a sea sponge.</p> <p><b>Activity:</b> Use reusable menstrual products to cut down on plastic and paper waste each month.</p>		
<b>Activity 18</b>		
<p><b>Limit Perishable Purchases</b> On average, households throw out 14 percent of their food purchases. An average family of four currently tosses out \$590 per year in meat, fruits, vegetables and grain products alone.</p> <p><b>Activity:</b> Buy only what you can consume in perishable foods. This will reduce the risk of your household having to waste food.</p>		
<b>Activity 19</b>		
<p><b>Reduce Your Food Miles: Buy Local</b> What you eat has an impact on the health of the planet. The transportation of food creates major greenhouse gas emissions. Did you know that in North America, the average food item travels a distance of 2,000 kilometres? Each person in your household can cut 40 kg per year off their emissions by buying locally produced food, in season.</p> <p><b>Activity:</b> Identify sources where you can buy produce that is locally grown such as farmer's markets and produce stands. Buy local food over imported whenever possible, and adjust your diet to buy more of what's available in season.</p>		
<b>Activity 20</b>		
<p><b>Air Dry the Dishes</b> You can save energy and 10% off the cost of operating a dishwasher, by letting your dishes air dry.</p> <p><b>Activity:</b> On an Energy Star dishwasher, select the no-heat drying cycle (air drying). If you don't have a 'no-heat' dry setting, open the door and let the dishes air dry.</p>		



## LEVEL 3

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### Activity 1

#### ***Tighten Those Taps***

A leak of only one drop per second wastes about 10,000 litres of water per year. Most leaks are easy to find and fix at very little cost.

**Activity:** Check pipes, taps, and toilets for leaks. If you find a leak, fix it immediately. Make sure the plumbing system is watertight by looking for signs of leakage.

### Activity 2

#### ***Conduct an Emissions Test***

A poorly maintained vehicle increases fuel consumption by up to 50% and pollution emissions by 20%. By properly maintaining your vehicle, you can reduce your annual fuel consumption by up to 10% and prolong the life of your vehicle.

**Activity:** Perform regular maintenance checks and emissions tests on your vehicle to ensure that it is running smoothly.

### Activity 3

#### ***Weatherstripping***

Weatherstripping in addition to caulking can save you up to 20% on your home heating costs. Weatherstripping is an effective add-on to your windows. Start sealing in the heat!

**Activity:** Find out what type of weatherstripping is best for the windows of your home and purchase the proper equipment.

### Activity 4

#### ***Caulking***

Caulking along with weather-stripping can save you up to 20% on your home heating costs. Interior sealing prevents air from escaping into hidden cracks and crevices in the walls and roof.

**Activity:** Air seal any cracks and penetrations on the inside surface of exterior walls, ceilings or floors.

### Activity 5

#### ***Weatherstripping Doors***

Choose a type of weatherstripping that will withstand the friction, weather, temperature changes, and wear and tear associated with its location.

**Activity:** Apply weatherstripping around exterior doors.

### Activity 6

#### ***Insulate Older Hot Water Tanks***

Just by wrapping your older electric hot water tank with an insulating blanket you can save up to 9% on your water heating costs. Examine your water heater. If its surface is hot or warm, some of the energy used to heat the water is being wasted.

**Activity:** Wrap the heater in an insulating blanket. Be sure to check your user's manual and labels on the tank first.

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<b>Activity 7</b>		
<p><b><i>Insulate Piping</i></b> To save the energy required to heat water, always insulate your hot water pipes, especially where piping runs through unheated areas such as basements and crawl spaces. Insulating your pipes can help you save about 2% on your heating bill.</p> <p><b>Activity:</b> Insulate the entire length of your hot water pipes - running to and from tanks.</p>		
<b>Activity 8</b>		
<p><b><i>Try Drip Irrigation or a Soaker Hose</i></b> When your lawn and garden needs H<sub>2</sub>O, use a soaker hose or irrigation system. Both systems will help your household reduce water consumption by up to 70% and deliver the water right where it is needed.</p> <p><b>Activity:</b> Choose drip irrigation or a soaker hose and install the system on your lawn or in your garden.</p>		
<b>Activity 9</b>		
<p><b><i>Rain barrel</i></b> Outdoor watering makes up almost 40% of total household water use in the summer. A rain barrel will help you save about 5200 litres of water in the peak summer months. Rain water is also healthier for your plants than treated tap water.</p> <p><b>Activity:</b> Place the rain barrel under your eavestrough downspout to catch rain water. Use the contents on your yard and indoor plants.</p>		
<b>Activity 10</b>		
<p><b><i>Take the Train, Not a Plane</i></b> When taking trips close to home, consider alternative methods of transportation to air travel, such as the bus or train. You can reduce your GHG emissions by 90% on a single trip.</p> <p><b>Activity:</b> Make it a practice, when possible, to take the train instead of a plane when traveling less than 500 kilometres.</p>		
<b>Activity 11</b>		
<p><b><i>Insulate the Roof</i></b> The attic in your home can be responsible for 10-15% of your home's total heat loss. The best time to insulate your roof is in the winter when you can feel the warm air entering the attic from below. Also, an energy audit can show how much insulation you have and how much more you need.</p> <p><b>Activity:</b> Insulate the attic. Ask someone with experience to help you.</p>		



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<b>Activity 12</b>		
<p><b><i>Insulate the Walls</i></b> An improperly sealed home can lose 40% of its heat through cracks and crevices in the building shell (outer walls, floor and roof). By effectively sealing your home, you can achieve a 50% reduction in air leakage. No matter how efficient your heating and cooling system is, it won't make a difference if your home's walls can't hold in the warmth. By effectively insulating your home, you can achieve a 50% reduction in air leakage.</p> <p><b>Activity:</b> Insulate the walls of your home.</p>		
<b>Activity 13</b>		
<p><b><i>Buy Energy Efficient Appliances</i></b> In Canada, appliances account for about 13% of home energy use. If your appliances are getting on in age, it's probably time for some replacements. Brand new energy efficiency appliances are not cheap, but they are a wise investment when you consider the amount of energy and money you'll save in the long run.</p> <p><b>Activity:</b> Replace your old appliances with new energy star models.</p>		
<b>Activity 14</b>		
<p><b><i>Reusable Containers To Go</i></b> If you can remember to bring your own bag shopping, why not bring your own container when you buy your food on the go? Join the ranks of people who dine out prepared!</p> <p><b>Activity:</b> Bring reusable containers with you instead of accepting disposable containers for take-out and leftovers at restaurants.</p>		
<b>Activity 15</b>		
<p><b><i>Block Heaters Help</i></b> At -20°C, block heaters can improve overall fuel economy by as much as 10%. You will reduce warm-up time, improve engine efficiency, and reduce your GHG emissions.</p> <p><b>Activity:</b> Use a block heater. To warm your car's engine in the winter, set the heater on a timer for two hours before you need to drive.</p>		
<b>Activity 16</b>		
<p><b><i>Grow It In the Garden</i></b> Growing your own food reduces transportation-related emissions and air pollution that are caused by getting food from field to table. Having healthy, nutritious foods at hand will also improve your family's well-being.</p> <p><b>Activity:</b> Plant your garden after the last frost considering what and how much you will plant, your climate and location, how to keep your garden naturally pest-free, and which plants grow well together.</p>		



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<b>Activity 17</b>		
<p><b>Low-Flow Flushing</b> Up to 30% of the water consumed in your home is flushed down the toilet. Toilets installed before 1994 use over 40% more water than necessary. A low-flow toilet typically uses 6 litres for every flush.</p> <p><b>Activity:</b> Replace all toilets with low-flow or dual flush toilets.</p>		
<b>Activity 18</b>		
<p><b>Green Power</b> Green power is environmentally responsible renewable energy. By choosing to purchase green power, you will be supporting the development of renewable energy sources which can reduce the burning of harmful fossil fuels, such as coal, oil, and natural gas.</p> <p><b>Activity:</b> Buy a portion (or all) of your household energy from renewable sources.</p>		
<b>Activity 19</b>		
<p><b>Carpooling Commutes</b> Canadians' continued reliance on their personal vehicles as their preferred choice of transportation, is a major contributor to global warming. If you must take the car, cut your emissions drastically by carpooling.</p> <p><b>Activity:</b> Start a carpool to commute to work. Ask if your workplace provides incentives for employees that carpool or take public transit.</p>		
<b>Activity 20</b>		
<p><b>Clean Air Commutes</b> Health Canada recommends 20 to 30 minutes of vigorous activity per day. By walking or biking to work or school you can achieve this health benefit for yourself and for the environment. If distance or mobility prevents you from walking or biking, take public transportation with a clean conscience.</p> <p><b>Activity:</b> Walk, bike, take public transportation to get to school or work instead of driving.</p>		
<b>Other Activities</b>		

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

For more information visit: [www.ecoactionteams.ca](http://www.ecoactionteams.ca)

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