

# Community Environmental Council



## Pledge

**Instructions:** Fill out the pledge form below by indicating which energy-saving actions you already perform in your household and which you plan to start doing in the next year. If an action is not feasible given your lifestyle, simply leave it blank. Items marked with a double asterisk (\*\*) may be more appropriate for property owners, while unmarked items are typically achievable for both renters and owners.

Name of Pledger: \_\_\_\_\_

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

I already:	I will:	Action:	Annual Savings:		
			lbs CO <sub>2</sub> e	gal. H <sub>2</sub> O	\$
<b>Appliances</b>					
<input type="checkbox"/>	<input type="checkbox"/>	Unplug unused fridge/freezer	298	--	\$63
<input type="checkbox"/>	<input type="checkbox"/>	**Replace old washing machine with efficient unit	141	3499	\$41
<input type="checkbox"/>	<input type="checkbox"/>	**Replace old fridge/freezer with efficient unit	126	--	\$26
<input type="checkbox"/>	<input type="checkbox"/>	**Replace old dishwasher with efficient unit	79	674	\$13
<input type="checkbox"/>	<input type="checkbox"/>	Air dry clothes at least half the year	69	--	\$10
<input type="checkbox"/>	<input type="checkbox"/>	Plug electronics/TV into a Smart Strip or unplug when not in use	55	--	\$12
<b>Food</b>					
<input type="checkbox"/>	<input type="checkbox"/>	Reduce consumption of beef and pork to once per week and fish, poultry and eggs to twice or fewer per day	427	--	--
<input type="checkbox"/>	<input type="checkbox"/>	Cut intake of sugary sweets by half	48	--	--
<input type="checkbox"/>	<input type="checkbox"/>	Purchase > 25% of food a week from farmer's market or local source	--	--	--
<b>Waste</b>					
<input type="checkbox"/>	<input type="checkbox"/>	Become familiar with Santa Barbara's recycling policies and recycle all possible waste	156	--	--
<input type="checkbox"/>	<input type="checkbox"/>	Compost kitchen and lawn scraps	--	--	--
<b>Heating and Cooling</b>					
<input type="checkbox"/>	<input type="checkbox"/>	**Install higher-performing insulation in attic and around ducts	100	--	\$13
<input type="checkbox"/>	<input type="checkbox"/>	Turn furnace thermostat down to 68 degrees in the winter when at home and 55 degrees when not at home	73	--	\$7
<input type="checkbox"/>	<input type="checkbox"/>	**Change single pane windows to Energy Star qualified windows	60	--	\$8
<input type="checkbox"/>	<input type="checkbox"/>	Check air filters monthly and replace them if necessary	60	--	\$8
<input type="checkbox"/>	<input type="checkbox"/>	**Replace old furnace with efficient unit	44	--	\$4
<input type="checkbox"/>	<input type="checkbox"/>	**Caulk and weatherstrip all windows and doors	40	--	\$5
<input type="checkbox"/>	<input type="checkbox"/>	Turn A/C thermostat up to 78 degrees in the summer when at home and 85 degrees when not at home	35	--	\$7
<input type="checkbox"/>	<input type="checkbox"/>	**Replace old central A/C with efficient unit	34	--	\$7
<input type="checkbox"/>	<input type="checkbox"/>	Professionally tune-up A/C system at least once a year	14	--	\$3
<b>Lighting</b>					
<input type="checkbox"/>	<input type="checkbox"/>	Replace most or all incandescent bulbs with CFL bulbs	253	--	\$53
<input type="checkbox"/>	<input type="checkbox"/>	Consistently turn off lights when leaving the room	51	--	\$11
<b>Transportation</b>					
<input type="checkbox"/>	<input type="checkbox"/>	Replace car with one that gets at least 30 miles per gallon	4642	--	\$582
<input type="checkbox"/>	<input type="checkbox"/>	Alter driving habits by accelerating more slowly, reducing unnecessary braking, reducing idling	2420	--	\$303
<input type="checkbox"/>	<input type="checkbox"/>	Reduce air travel by 5,000 miles by teleconferencing or vacationing locally	2138	--	\$500
<input type="checkbox"/>	<input type="checkbox"/>	Drive 30 fewer miles by carpooling or taking public transportation 2 days a week	1890	--	\$237
<input type="checkbox"/>	<input type="checkbox"/>	Keep car maintained, getting regular oil changes and tune-ups, changing the air filter, and checking the oxygen sensor	788	--	\$99
<input type="checkbox"/>	<input type="checkbox"/>	Purchase low-rolling resistance tires for car	644	--	\$81
<input type="checkbox"/>	<input type="checkbox"/>	Drive at least 10 fewer miles per week by combining trips, walking, or biking	630	--	\$79
<input type="checkbox"/>	<input type="checkbox"/>	Keep tires properly inflated	473	--	\$59
<input type="checkbox"/>	<input type="checkbox"/>	Regularly remove excess weight from car	143	--	\$18

**Water Heating**

<input type="radio"/>	<input type="radio"/>	**Install a tankless or more efficient water heater	204	--	\$17
<input type="radio"/>	<input type="radio"/>	Limit showers to 5 min.	148	1939	\$14
<input type="radio"/>	<input type="radio"/>	Wash clothes in warm water and rinse in cold water	136	--	\$12
<input type="radio"/>	<input type="radio"/>	Install a low flow showerhead	68	896	\$6
<input type="radio"/>	<input type="radio"/>	Turn water heater to no higher than 120 degrees	59	--	\$5
<input type="radio"/>	<input type="radio"/>	Wash only full loads of laundry	25	1185	\$9
<input type="radio"/>	<input type="radio"/>	Insulate an old inefficient electric water heater	21	--	\$5
<input type="radio"/>	<input type="radio"/>	Install faucet aerators or EPA WaterSense faucets	17	219	\$2

**Water Conservation**

<input type="radio"/>	<input type="radio"/>	**Implement xeriscaping (using water-wise plants instead of lawns)	--	18812	\$113
<input type="radio"/>	<input type="radio"/>	**Install a high efficiency toilet with a 1.3 gallon tank instead of a 3.5 gallon tank	--	4092	\$25
<input type="radio"/>	<input type="radio"/>	Adjust irrigation schedule as weather changes	--	3815	\$23
<input type="radio"/>	<input type="radio"/>	**Install rotating nozzles on spray head sprinklers	--	3762	\$23
<input type="radio"/>	<input type="radio"/>	Check for household leaks in faucets and toilets	--	3468	\$21
<input type="radio"/>	<input type="radio"/>	Use mulch throughout garden	--	--	--

**Solar**

<input type="radio"/>	<input type="radio"/>	**Install a 3 kW solar PV system	1259	--	\$265
<input type="radio"/>	<input type="radio"/>	**Install a solar water heating system	552	--	\$49

**Consumer Goods**

<input type="radio"/>	<input type="radio"/>	Reduce purchases of clothing and shoes by 25%	207	--	\$163
<input type="radio"/>	<input type="radio"/>	Quit smoking	36	--	--
<input type="radio"/>	<input type="radio"/>	Reduce purchases of cleaning supplies by 25%	18	--	\$14

**Scoring:** After filling out the pledge form, add up the annual kg CO<sub>2</sub>e and gallons of H<sub>2</sub>O reduced for all actions you pledged to **start** doing for each category. Enter the totals below:

<b>Appliances:</b>	_____ lb CO <sub>2</sub> e	_____ gal. H <sub>2</sub> O
<b>Food:</b>	_____ lb CO <sub>2</sub> e	_____ gal. H <sub>2</sub> O
<b>Waste:</b>	_____ lb CO <sub>2</sub> e	
<b>Heating and Cooling:</b>	_____ lb CO <sub>2</sub> e	
<b>Lighting:</b>	_____ lb CO <sub>2</sub> e	
<b>Transportation:</b>	_____ lb CO <sub>2</sub> e	
<b>Water Heating:</b>	_____ lb CO <sub>2</sub> e	_____ gal. H <sub>2</sub> O
<b>Water Conservation:</b>		_____ gal. H <sub>2</sub> O
<b>Solar:</b>	_____ lb CO <sub>2</sub> e	
<b>Consumer Goods:</b>	_____ lb CO <sub>2</sub> e	
<b>Total:</b>	_____ lb CO <sub>2</sub> e	_____ gal. H <sub>2</sub> O

**Comments:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**How much of an impact am I really making?<sup>1</sup>**

- Reducing emissions by **100 lbs CO<sub>2</sub>e** has the same effect on reducing climate change as growing **1.2 new trees** for **10 years**.
- **100 lbs CO<sub>2</sub>e** is created for every **5.1 gallons** of gasoline burned.

<sup>1</sup><http://www.epa.gov/cleanenergy/energy-resources/calculator.html>

**For more information:** Visit the Community Environmental Council at <http://www.cecsb.org/>