

GREENFAITH PLEDGES – SMALL STEPS AND BIG IMPACT STEPS

(Pick 12 steps over 2 years, including 6 big impact steps)

(pledge to do or already doing)

ENERGY

SMALL STEPS	BIG IMPACT
I will turn off home electronics, including computers, overnight. If computers and other equipment are used throughout the day and must remain on, I will use the “standby” or “energy saver” mode where possible.	All future appliances I buy will be ENERGY STAR rated.
I will complete the U.S EPA (Environmental Protection Agency) Household Emissions Calculator to calculate my carbon footprint and energy costs and potential for savings. Link: https://www3.epa.gov/carbon-footprint-calculator/	If my refrigerator is older than 1993, I will replace it with a new ENERGY STAR rated model – either during the next two years or when I replace the old fridge.
I will, in spreadsheet or other tool, record my energy usage for the 24 months and the coming 18 months.	I will complete a home energy audit by a professional auditor, and make the recommended energy improvements, as my finances permit.
I will install a programmable thermostat(s) in my home and program them according to my schedule and occupancy. When I am not at home and at night, I will setback the temperature at least 10 degrees.	I will insulate and weather-strip my home, including removing window air conditioners in the winter, caulking, sealing and adding insulation in the attic and other areas.
I will replace all incandescent light bulbs in my home with CFL light bulbs or LED lights.	I will purchase at least 25% of my electricity from a renewable source and increase that percentage each year either from utility company, through a solar installation on my roof, or through support of a credit program, such as renewable energy choice: www.renewablechoice.com
I will decrease my hot water temperature to 110 degrees.	I will wash and/or rinse my clothes in cold water. I will also wash only when I have a full load, or adjust the amount of water for the load size.
If my hot water heater has a “vacation” setting, I will use it when I am away from my home for more than a day.	I will line dry my clothes, cloth napkins, table clothes, dishrags, etc. to the extent feasible in my home.

TRANSPORTATION

SMALL STEPS	BIG IMPACT
At least once a week (more often in urban or metro area) I commit to taking mass transit, carpooling, combining errands (into fewer trips), walking, or biking to my destination. This can include work, worship service, or other locations.	For my next car purchase, I will purchase a car with at least 10 mpg higher than what I am currently using, e.g., a hybrid.
	I will not idle my car. If I am idling longer than 1 minute, I will turn my car off until I am ready to move again.

WATER

SMALL STEPS	BIG IMPACT
I will use my dishwasher to wash dishes, utilizing the water saver function (if applicable) and the air dry option. If I do not have a dishwasher, I will shut off the water in between washing dishes.	I will install WATER SENSE rated faucet flow aerators on all of my faucets, low-flow showerheads in my shower(s), and a toilet tank bank in my toilet(s). See Niagara Conservation's water conservation kit. http://www.amconservationgroup.com/categories/conservation-kits/energy-and-water-conservation-kits/
I will turn off the water while I brush my teeth or shave.	Any future appliances I buy will be EPA WATER SENSE rated
I will take shorter showers.	I will no longer purchase bottled water. I will carry a reusable PET-free water bottle to avoid having to purchase bottled water whenever possible.
During dry spells, I will keep a bucket in the shower when I warm up the water and use this "grey water" for my garden or flowers.	If I have a private well, I will test my well water for contaminants.

FOOD

SMALL STEPS	BIG IMPACT
I will eat entirely vegetarian foods, free of red meat, fish, chicken or turkey one day a week.	For at least 1 shopping trip per month, I will shop at the local farmers' market or farm stand that offers produce from local farms during growing season.
I will purchase only Fair Trade, organic, bird-friendly coffee.	I will eat or pack meatless lunches for myself and my family at least 3 days per week.
I will eat, and will feed my family, local/sustainably-grown fresh fruits and vegetables where possible.	I will buy a share in CSA (community supported agriculture).
	I will purchase as much organic food as my food budget will allow. This includes assessing my food purchases to find areas where I can cut back so that I can invest more in organic food purchases.
	For at least two meals per week or two meals more than what I am currently doing, I will cook from scratch to cut back on my purchase of packaged meals.
	I will limit my family's intake of soda and sugary drinks to two times per week or less, to establish healthier habits and to limit the number of plastic bottles we use.

WASTE

SMALL STEPS	BIG IMPACT
I will recycle all items that can be recycled in my town, including paper, glass, aluminum, plastics, electronics, etc.	I will compost my non-meat food scraps.
I will reduce the amount of paper I use in my home, by using scrap paper, double-sided printing, and other steps.	When I host a party or event, I will use only reusable dinnerware.
I will use Choice Catalog or a similar tool to cut down unwanted catalogs I receive. https://www.catalogchoice.org/	I will purchase and use only 100% post-consumer recycled content paper for all my home printing projects.
I will switch at least 2 statements to electronic (paperless) delivery this year.	I will dispose of all hazardous household products—paint, pesticides, CFLs, etc.—at my town's hazardous waste collection site or other venue that properly disposes of them.
I will switch from paper to reusable cloth napkins.	

TOXINS

SMALL STEPS	BIG IMPACT
I will place mats at the entryways to my home, to help capture dirt and limit the use of cleaning products.	I will eliminate the use of all pesticides in my home, including routine treatments done by pest vendors.
I will take off my shoes at the entryway and request that family and friends do likewise.	I will take preventative measures to prevent pests, such as sealing up holes, storing food in jars, cleaning more regularly, etc.
	If I use a lawn care provider, I will at a minimum choose a vendor that uses IPM (Integrated Pest Management) practices, and preferably, will go completely organic.
	Whenever I paint my house or other items, I will use no VOC (volatile organic compounds), Green Seal certified paint.
	I will switch all of my household cleaners to “green” cleaners. I will either make these cleaners with ingredients like baking soda and vinegar, or will purchase them in the store.
	I will use only a “green” dry cleaner to dry clean my clothes, and will avoid the purchase of “dry clean only items.”

GROUNDS MAINTENANCE

SMALL STEPS	BIG IMPACT
I will place at least 2 bird feeders and/or bird boxes on my property.	I will create/install a rain garden on my property.
I will create a “Backyard Habitat” according to the National Wildlife Federation. http://www.nwf.org/Garden-For-Wildlife/Certify.aspx	I will install a rain barrel on my property.
I will limit watering my lawn to less than 2 times per week, and will not water after or before a rain shower.	I will landscape my property using native plants, which respond well to the rainfall and temperature of my region. For drier parts of the U.S., this can include xeriscaping, or landscaping with plants that thrive in drier climates.
	I will create a butterfly garden on my property.
	I will create a fruit, vegetable or herb garden on my property, in a container garden, or in window boxes. Before I do this, I will test my soil for lead and pesticide contamination.
	I will remove a leaking underground fuel tank from my property.
	If I do not have property surrounding my house or apartment, I will volunteer my time to help a nearby household, institution, or community group to take these steps.

	I will install water sensors to control the watering of my lawn, and/or drip irrigation for my garden.
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FOOD AND WASTE GUIDELINES AND GOALS

Caring for the earth is a religious value, a moral responsibility and central to the IFFP Environmental Working Group's (EWG) vision of tikkun olam. Getting food to our tables:

- Eats up to 10 percent of our total U.S. energy budget,
- Uses 50 percent of U.S. land, and
- Swallows 80 percent of fresh water consumed in the U.S.

Yet 40 percent of food in the U.S. today goes uneaten.

The following guidelines are intended to reduce waste, and promote environmentally sustainable practices at IFFP sponsored events and in our daily lives. The EWG is available as resource to the community and will help turn these practices into actions:

1. Serve vegetarian choices. They require less energy, land, and water to produce than products in a meat-based diet.
2. Buy seasonal, fresh food for local producers and farmer's markets. This benefits the local community and local economy while supporting the environment by enriching the soil, protecting air and water quality, and minimizing energy consumption.
3. Make organic food purchases. Organic products are grown without toxic chemicals, and reduce pollution from pesticides. They also help build strong soil and protect and conserve our water resources.
4. Purchase wild caught sustainable fish with scales and fins. Avoid fish like Atlantic cod, haddock, and grouper that are overfished and/or farmed in ways that harm other marine species or the environment.
5. Purchase fair trade, rainforest friendly products including coffee. Fair trade or fair practices paid to producers in developing countries play an important role in protecting forests, with ripple effects in preventing global climate change and preserving biodiversity.
6. Inform members at community events about the food choices with tent cards that indicate the content of a dish and whether it is organic, locally sourced, etc.
7. Move toward use of reusable/recyclable flatware, drinking glasses, tablecloths, plates, and Kiddush cups.
8. Purchase 7-10 inch plates instead of the standard 12-inch to reduce food waste and promote healthier eating.
9. Provide recycling bins for plastic cans, bottles, and plastic flatware and for items that can be composted.
10. Avoid Styrofoam products. Styrofoam is hard to recycle, toxic when degrading, and when it breaks down dissolves into tiny bits that end up polluting our waterways and oceans.
11. Separate vegetable food waste in an effort to compost it. Composting saves money, resources, improves the soil, and reduces impact on the environment by sending less waste to landfills.
12. Buy in bulk to save energy and money.