

ECOPACT

MY PERSONAL-HOUSEHOLD COMMITMENT FOR FOUR MONTHS

Sponsored by UUCB EcoPact, a subcommittee of Green Sanctuary

Heather Kirkland, Chair

**“Never doubt that a small group of thoughtful, committed citizens can change the world;
indeed, it's the only thing that ever does” Margaret Mead**

EcoPact is your opportunity to joyfully join a community of citizens who want to have a positive impact on the health of the Earth and your family. You begin by completing and signing the EcoPact which identifies specific behaviors to lighten your ecological footprint. We will record your responses in our data base, ensuring confidentiality by replacing your name with a secure number. We will return your EcoPact for your records. Periodically, we will repeat the EcoPact and provide you with your own report. To recognize and celebrate our communal progress, we will periodically report to the congregation. We will make available resources at the Green Sanctuary web site, <http://uubinghamton.org/gs/green.html> (definitions, books, web sites) and in the Beacon and at events offered at UUCB.

Please read each of the 34 items and then place an “X” in the parenthesis in the column that best reflects you and your household’s commitment for the next 4 months.

BEHAVIOR	ALREADY DO	WILL BEGIN	WILL CONSIDER	NOT YET	NA
Home Energy Efficiency/Conservation					
1. Use more efficient lights-fluorescent/LED*	[]	[]	[]	[]	[]
2. Purchase Energy Star appliances*	[]	[]	[]	[]	[]
3. Laundry-do full, cold waters loads	[]	[]	[]	[]	[]
4. Dry clothes on rack or outside	[]	[]	[]	[]	[]
5. Set thermostat down in winter (65F or less) and up in summer (75F)	[]	[]	[]	[]	[]
6. Install a programmable thermostat(s) *	[]	[]	[]	[]	[]
7. Insulate & caulk my home, including pipes	[]	[]	[]	[]	[]
8. Install green energy technologies such as solar panels, wind turbine, heat pumps *	[]	[]	[]	[]	[]
9. Take fewer and shorter showers	[]	[]	[]	[]	[]
10. Reduce temperature of home hot water; use low flow shower heads; turn hot water down when on vacation	[]	[]	[]	[]	[]
11. Buy renewable generated energy*	[]	[]	[]	[]	[]
12. Turn off energy “vampires”*	[]	[]	[]	[]	[]
13. Turn off lights when you leave the room	[]	[]	[]	[]	[]
14. Will record and track my carbon emissions with the recommended carbon calculator*	[]	[]	[]	[]	[]
15. Become Carbon Neutral; Buy carbon offsets*	[]	[]	[]	[]	[]
Transportation					
16. Drive at or below the speed limit	[]	[]	[]	[]	[]

- 17. Buy significantly more energy efficient car [] [] [] [] []
- 18. Walk, bike, or public transit for errands [] [] [] [] []
- 19. Walk to friends, stores, other places [] [] [] [] []
- 20. Carpool and/or use public transportation [] [] [] [] []

Food, Diet

- 21. Eat more vegetables, less meat, esp. red meat [] [] [] [] []
- 22. Buy Local; shop farmers' markets; join a CSA* [] [] [] [] []
- 23. Eat sustainable seafood* [] [] [] [] []
- 24. Reduce use of plastic water, juice and soda bottles; refill water bottles; aluminum is most recyclable [] [] [] [] []
- 25. Reduce consumption of fast foods and snacks [] [] [] [] []
- 26. Eat at least one home cooked meal each day with members of my family [] [] [] [] []

Other Personal Behaviors

- 27. Use stairs rather than elevator [] [] [] [] []
- 28. Encourage children to play outside more [] [] [] [] []
- 29. Plant and cultivate a home garden; involve members of the household [] [] [] [] []
- 30. Recycle all recyclables [] [] [] [] []
- 31. Use reusable rather than plastic/paper bags [] [] [] [] []
- 32. Become more environmentally informed through National media (libraries) Public TV and radio [] [] [] [] []
- 33. Become active in environmental issues [] [] [] [] []

34. Other behaviors I (we) will engage in: _____

Number of People in our Household # _____ Number of People in our Household committing to EcoPact# _____

On behalf of our household, I commit to the above behaviors from May 1 to Sept. 30, 2010

Signature _____ Date _____

Please Print: Name _____ Ph.# _____

Address _____ Email _____

*By May 2, please complete & return this document to the EcoPact box at Unitarian Universalist Congregation of Binghamton, 183 Riverside Dr., Binghamton, NY 13905; FAX:607.729.1899; *For further information & definitions: <http://uubinghamton.org/gs/green.html> ecopact@uubinghamton.org*