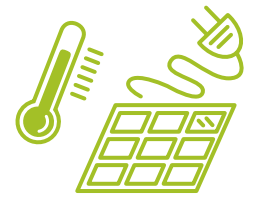




# Sustainability Measures: Energy



Type in sustainability measures to pursue for each category.  
Give yourself reach goals for the categories most relevant and important to you.

ENERGY	SUSTAINABILITY MEASURES			
	EXAMPLE	SMALL (easy to do)	MEDIUM (requires more effort)	LARGE (often involves financial & tech. commitments)
SUSTAINABILITY MEASURES	Switch all incandescent bulbs to LED			
New Behavior Needed	Decide what types of bulbs needed, and what "shade" of brightness			
New Processes to Implement	As original bubs burn out, replace them with LED Find a place to recycle old bulbs (like IKEA)			
Financial Investment Required	Expect to pay slightly more per bulb (\$1-3)			
Expected Benefits (Qualitative)	Bulbs will last much longer, requiring less replacement			
Actual Benefits Realized (both Qualitative & Quantitative)	Energy costs will reduce Brighter rooms Need to replace every 3-5 years, instead of annually			

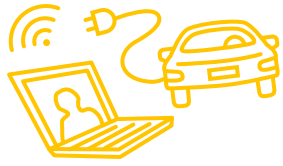


# Sustainability Measures: Food

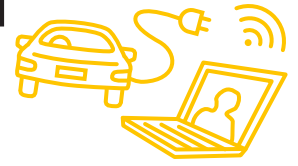


Type in sustainability measures to pursue for each category.  
Give yourself reach goals for the categories most relevant and important to you.

FOOD	SUSTAINABILITY MEASURES			
	EXAMPLE	SMALL (easy to do)	MEDIUM (requires more effort)	LARGE (often involves financial & tech. commitments)
SUSTAINABILITY MEASURES	Shop at farmers market weekly during summer months.			
New Behavior Needed	Determine to shop on specific day and time preferred market is running			
New Processes to Implement	Find a nearby market and days/hours it's open Pack reusable bags to use Plan transportation Determine produce to buy for the week			
Financial Investment Required	Expect to pay slightly more (between 20-30% above supermarket prices)			
Expected Benefits (Qualitative)	Eat healthier Commune with neighbors Support local farmers & purveyors Eat fresher, local food			
Actual Benefits Realized (both Qualitative & Quantitative)	Make more fresh and healthy food at home Discover new products and produce Feel more connected to community and farmers			

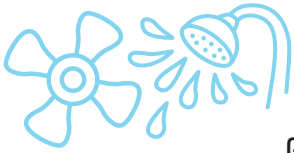


# Sustainability Measures: Transportation

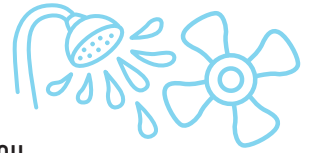


Type in sustainability measures to pursue for each category.  
Give yourself reach goals for the categories most relevant and important to you.

TRANSPORTATION	SUSTAINABILITY MEASURES			
	EXAMPLE	SMALL (easy to do)	MEDIUM (requires more effort)	LARGE (often involves financial & tech. commitments)
SUSTAINABILITY MEASURES	Lease an Electric Vehicle			
New Behavior Needed	Pay monthly bill Ensure that EV is driven no more than allotted annual miles			
New Processes to Implement	"Fuel car" by plugging in to electrical outlet			
Financial Investment Required	Leases start around \$200-300/month			
Expected Benefits (Qualitative)	Contribute zero emissions to the atmosphere Support climate change mitigation			
Actual Benefits Realized (both Qualitative & Quantitative)	Reduce personal carbon footprint 33% by driving an EV Save \$200/month in fuel (gas) costs Minimal maintenance costs			

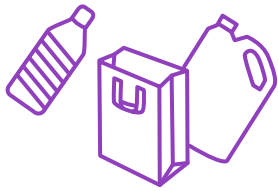


# Sustainability Measures: Water

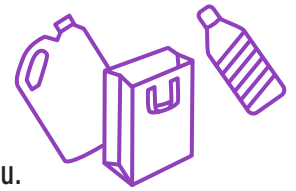


Type in sustainability measures to pursue for each category.  
Give yourself reach goals for the categories most relevant and important to you.

WATER	SUSTAINABILITY MEASURES			
	EXAMPLE	SMALL (easy to do)	MEDIUM (requires more effort)	LARGE (often involves financial & tech. commitments)
SUSTAINABILITY MEASURES	Limit shower time to 5 minutes			
New Behavior Needed	Think about how to shampoo/bathe faster			
New Processes to Implement	Set a timer or clock alarm for five minutes  Turn off water when lathering and shaving			
Financial Investment Required	None			
Expected Benefits (Qualitative)	Save time and money on water bills  Conserve water use  Lower energy bills with less hot water use			
Actual Benefits Realized (both Qualitative & Quantitative)	Save time and money			



# Sustainability Measures: Waste



Type in sustainability measures to pursue for each category.  
Give yourself reach goals for the categories most relevant and important to you.

WASTE	SUSTAINABILITY MEASURES			
	EXAMPLE	SMALL (easy to do)	MEDIUM (requires more effort)	LARGE (often involves financial & tech. commitments)
SUSTAINABILITY MEASURES	Get involved with an org. that recycles & reuses hard-to-recycle plastics			
New Behavior Needed	Store hard-to-recycle plastics separately from curbside recycling material bins  Sort hard-to-recycle plastics diligently			
New Processes to Implement	Clean all plastics well  Read recycling # on plastics to determine sorting  Become a member of a recycling organization			
Financial Investment Required	Memberships can cost between \$8-100/month  Time/transport costs if driving hard-to-recycle plastics to free collection areas			
Expected Benefits (Qualitative)	Recycle hard-to-recycle plastics better  Support plastic to be diverted for landfill			
Actual Benefits Realized (both Qualitative & Quantitative)	Avoid contributions to plastic pollution  Reduce curbside waste  Save money on curbside waste collection			

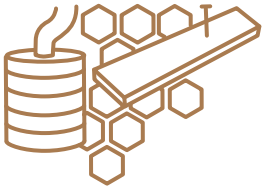


# Sustainability Measures: Materials

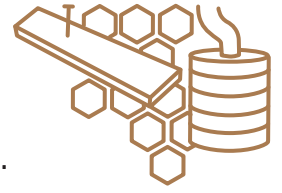


Type in sustainability measures to pursue for each category.  
Give yourself reach goals for the categories most relevant and important to you.

MATERIALS	SUSTAINABILITY MEASURES			
	EXAMPLE	SMALL (easy to do)	MEDIUM (requires more effort)	LARGE (often involves financial & tech. commitments)
SUSTAINABILITY MEASURES	Use reusable & biodegradable cellulose-based Swedish paper towels			
New Behavior Needed	Reach for cellulose towels for mopping up water spills and splatters			
New Processes to Implement	Purchase pack of 3 for \$10-12 Keep next to kitchen sink for easy use Wash dirty "towels" in dishwasher to clean			
Financial Investment Required	\$10 for pack of 3 \$18 for pack of 6			
Expected Benefits (Qualitative)	Swedish towels last between 10-12 months			
Actual Benefits Realized (both Qualitative & Quantitative)	Purchase and use significantly less rolls of paper towels Realize how much 'paper towel' trash is avoided			



# Sustainability Measures: Home



Type in sustainability measures to pursue for each category.  
Give yourself reach goals for the categories most relevant and important to you.

HOME	SUSTAINABILITY MEASURES			
	EXAMPLE	SMALL (easy to do)	MEDIUM (requires more effort)	LARGE (often involves financial & tech. commitments)
SUSTAINABILITY MEASURES	When remodeling home, pursue deconstruction (not demolition).			
New Behavior Needed	Commit to buying recycled materials when remodeling home			
New Processes to Implement	Look into the stores that offer repurposed items, and check secondary local marketplaces			
Financial Investment Required	None Potential cost savings			
Expected Benefits (Qualitative)	Save money Procure unique materials Design/construct house that tells a story			
Actual Benefits Realized (both Qualitative & Quantitative)	Found repurposed items that were higher quality and lower cost than planned Unique/distinctive home design elements			



# Sustainability Measures: Property



Type in sustainability measures to pursue for each category.  
Give yourself reach goals for the categories most relevant and important to you.

PROPERTY	SUSTAINABILITY MEASURES			
	EXAMPLE	SMALL (easy to do)	MEDIUM (requires more effort)	LARGE (often involves financial & tech. commitments)
SUSTAINABILITY MEASURES	Avoid synthetic chemical use in home.			
New Behavior Needed	Replace all synthetic chemicals with natural ones			
New Processes to Implement	Research alternatives for each synthetic chemical			
Financial Investment Required	May need to purchase new products or ingredients to make new healthier homemade items			
Expected Benefits (Qualitative)	Healthier home, animals and yards			
Actual Benefits Realized (both Qualitative & Quantitative)	Breathe better Zero health concerns Healthier plants Local pollinators are not impacted by your chemical choices			