

Achieving sustainability at home and lessening your environmental footprint doesn't happen overnight. This checklist will help you track your progress against the tips provided above and it's a great way to celebrate your successes. Although this list doesn't include everything you can do to make your home more sustainable, you can continue to learn and add new things to do under "other" along the way.



## Utilities

**Can I reduce my use of this utility?**

**Can I increase my efficiency?**

**Where do my water and energy come from?**

**Can I get this service in a more sustainable way?**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Get an energy audit</li> <li><input type="checkbox"/> Research possible grant and rebate programs provincially/territorially and locally</li> <li><input type="checkbox"/> Install a programmable thermostat</li> <li><input type="checkbox"/> Draft-proof your windows and doors with weatherstripping</li> <li><input type="checkbox"/> Replace old appliances with ENERGY STAR-certified ones</li> <li><input type="checkbox"/> Set the refrigerator and freezer to efficient temperatures</li> <li><input type="checkbox"/> Use the smallest appliance possible</li> <li><input type="checkbox"/> Only run the dishwasher when full</li> <li><input type="checkbox"/> Insulate your hot water tank and set the thermostat lower</li> <li><input type="checkbox"/> Install low flow toilets</li> <li><input type="checkbox"/> Install aerators on taps</li> <li><input type="checkbox"/> Install water-efficient showerheads</li> <li><input type="checkbox"/> Do not use your garburator</li> <li><input type="checkbox"/> Plug electronics into power bars and shut them off when not in use</li> <li><input type="checkbox"/> Unplug electronics that suck phantom power</li> <li><input type="checkbox"/> Wash clothes in cold water and use the shortest cycle</li> <li><input type="checkbox"/> Hang clothes to dry</li> <li><input type="checkbox"/> Retire your second fridge</li> <li><input type="checkbox"/> Replace your old windows with energy-efficient ones</li> <li><input type="checkbox"/> Replace incandescent light bulbs with compact fluorescent light (CFL) or light-emitting diode (LED) bulbs, especially in high use areas</li> <li><input type="checkbox"/> Install automatic lighting controls, such as motion detectors</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Buy energy-efficient electronics</li> <li><input type="checkbox"/> Only refrigerate what's necessary</li> <li><input type="checkbox"/> Reuse and recycle old electronic equipment (aka e-waste)</li> <li><input type="checkbox"/> Choose rechargeable batteries</li> <li><input type="checkbox"/> Set up a rain barrel in your yard</li> <li><input type="checkbox"/> Plant native plant species</li> <li><input type="checkbox"/> Research xeriscaping or rain gardening</li> <li><input type="checkbox"/> Switch from a sprinkler to a soaker hose</li> <li><input type="checkbox"/> Do not waste water washing your driveway or sidewalks</li> <li><input type="checkbox"/> Plant new trees to save on heating and cooling costs</li> <li><input type="checkbox"/> Other: .....</li> <li><input type="checkbox"/> Other: .....</li> <li><input type="checkbox"/> Other: .....</li> <li><input type="checkbox"/> Other: .....</li> </ul> |
|---|--|

# **Checklist**



## **Transportation**

**Do I really need to go?**

**Do I have to drive?**

**Is there a more sustainable way for me to get there?**

- ☐ Look into hybrid or fuel efficient options the next time you take a taxi or rent a car
- ☐ Check out autoshare programs or car co-ops if you drive only 1-2 days a week or are thinking about a second family car
- ☐ Walk, bike, or take transit to work and to run errands
- ☐ Drive a fuel-efficient vehicle and adopt fuel-saving driving behaviours
- ☐ Don't idle: turn off your engine when parked
- ☐ Take at least one less flight a year
- ☐ Offset your flights with Gold Standard carbon off sets
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....



## **Shopping**

**Do I really need this product?**

**How or where was this item produced?**

**Is it durable?**

**What am I supporting by making this purchase?**

**What can I do when it's no longer needed?**

- ☐ Find a grocer that sells local food
- ☐ Join a food co-op or Community Supported Agriculture (CSA) group
- ☐ Purchase local and sustainably-raised meat, poultry and dairy
- ☐ Find a farmer's market and go
- ☐ Eat foods when they are in season
- ☐ Purchase fewer paper products and only 100% post-consumer waste toilet paper and tissue
- ☐ Purchase fair trade goods
- ☐ Buy organic cotton linens and clothing
- ☐ Purchase non-toxic flooring options
- ☐ Purchase products that are local and made of recycled or rapidly-renewable materials
- ☐ Eat meat, dairy, and eggs less often
- ☐ Choose sustainable seafood options
- ☐ Invest ethically
- ☐ Use composite decking materials or recycled materials
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....



## Waste

**Can I reuse or repair this?**  
**Is my trash someone else's treasure?**  
**Can I recycle this?**  
**Can I avoid producing this waste?**  
**Do I have to throw this out?**

- ☐ Learn how to backyard compost or try an indoor worm bin
- ☐ Shop with reusable cloth bags
- ☐ Buy in bulk and choose products with less packaging
- ☐ Say no to bottled water: only drink water from the tap
- ☐ Add a water filter to your tap
- ☐ Safely dispose of medications
- ☐ Get off junk mailing lists and post a 'no flyers please' sign on your mailbox
- ☐ Renew your wardrobe
- ☐ Use safe, non-toxic homemade solutions to get stains out of clothing and fabrics
- ☐ Donate or consign clothing
- ☐ Recycle everything you can, including electronics and any materials coming out of your renovation (such as drywall or wood)
- ☐ Recycle properly: learn the blue bin or blue bag rules for your community
- ☐ Use recycled materials for your next renovation
- ☐ Recycle unused cell phones
- ☐ Recycle car tires
- ☐ Check out swap, barter, or Freecycle communities online
- ☐ Donate old cupboards, sinks, and toilets to Habitat for Humanity's ReStore
- ☐ Dispose of hazardous pesticides, paints, and flammables responsibly
- ☐ Learn how to store produce to prevent food waste
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....



## Participation

**Who needs to know about this?**  
**How can I share?**

- ☐ Hold a weatherstripping party
- ☐ Host a clothes swap
- ☐ Start a carpool at work
- ☐ Get your office to go fragrance-free (<http://www.davidsuzuki.org/what-you-can-do/green-your-work-place/go-fragrance-free/index.php>)
- ☐ Grow a vegetable or herb garden
- ☐ Donate extra fruit or vegetables you grow to those in need
- ☐ Teach a neighbour to compost
- ☐ Start a community garden
- ☐ Organize a block party
- ☐ Collect electronic waste from your neighbours and take them to the drop-off depot
- ☐ Stay informed on issues
- ☐ Join a like-minded local, provincial/territorial, or national organization to stay connected
- ☐ Vote and let political representatives know where you stand
- ☐ Contact the media: write a letter to the editor
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....

# **Checklist**



## Health

### How does this affect my health?

#### How healthy and comfortable is my home?

- ☐ Clean with non-toxic and eco-friendly cleaners
- ☐ Make your own green cleaning supplies
- ☐ Safely dispose of toxic home cleaning products ([www.productcare.org](http://www.productcare.org))
- ☐ Avoid disposable dryer sheets and scented fabric softener
- ☐ Avoid personal care products with the dirty dozen toxic ingredients (<http://www.davidsuzuki.org/issues/health/science/toxics/dirty-dozen-cosmetic-chemicals/index.php>)
- ☐ Check personal care product brand against Skin Deep, the Environmental Working Group's cosmetics database (<http://www.ewg.org/skindeep/>)
- ☐ Avoid antibacterial products
- ☐ Buy clothes without stain resistance, wrinkle free treatments, or flame retardants (PBDEs)
- ☐ Make your next mattress flame retardant (PBDE), stain repellent, and dust mite free
- ☐ Dust to minimize PBDE-laden particles
- ☐ Avoid non-stick chemicals like Teflon (PFOA or PTFE)
- ☐ Use fewer canned goods to avoid bisphenol A (BPA): try dried, frozen, or fresh food instead
- ☐ Go fragrance-free at home and at work
- ☐ Buy greener electronics
- ☐ Purchase the safest, non-toxic toys
- ☐ Do not use chlorine bleach
- ☐ Solve dampness issues in the basement
- ☐ Do not dry clean clothes
- ☐ Hand wash "dry clean only" clothes, hang to dry, or try wet cleaning
- ☐ Ventilate garage or workshop area, wear a mask, and vacuum dust
- ☐ Garden pesticide-free
- ☐ Use low- or no-VOC paints and finishes
- ☐ Get outside once a day
- ☐ Grow plants indoors
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....
- ☐ Other: .....

Great work! Just remember that even when the checklist is complete, sustainability and green living is really a path and not an end destination. Continue to learn about new ways to make sustainable choices for your home and the planet. Don't forget to share those ideas with your family, friends, and neighbours. You can also connect with a like-minded group to stay informed. For example, the David Suzuki Foundation shares regular tips and resources for sustainability at home: <http://www.davidsuzuki.org/what-you-can-do/>.

