The Niagara Home Challenge

Doing this now	Working on it	Not Doing

There are many ways by which we can care for creation. The Niagara Home Challenge is designed to help you think about how we can live both sustainably and faithfully in our everyday lives. We hope you'll participate!

☐ ☐ ☐ **Lighting:** Energy efficient lighting has replaced incandescent bulbs in as many places as possible in the home; where used, LED Christmas lights have been purchased and are on timers.

☐ ☐ ☐ **Water:** Where possible aerators on taps and low flow shower heads are installed to save water. Single use plastic bottles are not used. Recycled water is used on plants.

☐ ☐ ☐ **Recycling**: Everyone in the home understands the correct use of the blue, green and regular garbage bins for your municipality. Whatever recycling containers are available are used. Reusable items are given to charity or offered to others via a "freecycle" or other similar group.

☐ ☐ ☐ **Vehicle use:** Walking/cycling is the first choice of transportation. Public transportation is used where available. Car trips are planned to reduce excess trips. One day a week the car stays in the garage.

☐ ☐ ☐ **Heating & Cooling:** If it is possible to change thermostats aim for winter temperatures of 17°C (63°F) at night time or if you are out during the day; and 20°C (68°F) for day time as long as this is comfortable. Summer months: set your thermostat between 24°C/74°F and 26°C/78°F, depending on humidity.

☐ ☐ ☐ **Food:** As much as possible locally sourced foods/beverages are used. Ethically sourced coffee, tea, cocoa and sugar are bought from trusted organizations. One or two meatless meals are prepared weekly.

☐ ☐ ☐ **Gardens, Patios & Balconies:** No pesticides are used. Mulching and drip watering are practised. Plants native to Ontario are bought. If an ice preventer is purchased, it is an environmentally friendly one.

☐ ☐ ☐ **Kitchen:** Reusable napkins are used. Material cloths - not paper towels - are used for spills/drying, etc. The microwave oven is used when possible for heating single dishes.

☐ ☐ ☐ **Cleaning**: Phosphate and chlorine-free cleaning products are used for washing and cleaning. No harsh chemicals are used in the home - substitutes such as vinegar and baking soda are used instead.

☐ ☐ ☐ Tell us something positive that you are doing for the environment at home.

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Detach and return to Climate Justice Facilitator

☐ ☐ ☐

Total ☐

Multiply your Column 1 (Doing this Now) total by 3. Multiply your Column 2 (Working On It) by 2.
Add the results together. Aim for at least 18 out of a possible 30 points.

Name:	# in Household:	Type of Home: