

Personal Environmental Survey

This checklist is for you to use if you would like to see how many environmentally responsible things you are already doing. It is also a good way to pick up new ideas about things you can do to make the world a safer and healthier place. What we do as individuals does make a difference! Can you think of other ideas to add to this list?

This is your personal copy. You don't turn it in, but we hope that you will use it as a guideline.

Waste Reduction

_____ I do not take a bag with a purchase unless I really need one.

_____ If given a choice, I take a paper bag instead of a plastic one.

_____ I take my own bag when shopping.

_____ If I must take a bag, and the only one available is plastic, I reuse it as many times as possible.

_____ I choose not to use Styrofoam (polystyrene) products such as fast food packaging, egg cartons, meat trays, cups, plates, etc.

_____ I use cloth napkins instead of paper.

_____ I use cloth towels instead of paper towels.

_____ I use rags and sponges instead of paper towels.

_____ I choose to use permanent razors (or electric), permanent refillable pens, permanent plates, cups and utensils rather than disposable products which must be landfilled.

_____ I use sustainable products such as laundry sheets (detergent), sustainable bags for storage, paper straws, etc.

_____ I am aware of the amount of packaging in products and I choose the ones with the least amount.

_____ I use bar soap instead of liquid soap in a plastic pump dispenser.

_____ I use rechargeable batteries

_____ I try to buy products in recycled packaging and I specifically look for these.

_____ I use recycled paper products whenever possible.

_____ When possible, I choose recyclable containers instead of throwaways.

Chemical Pollutants

_____ I choose not to use aerosol sprays because of the fluorocarbons and other ozone damaging propellants in them. I choose alternative forms of these products such as spray pumps etc.

_____ I try to use natural products which have been found to be environmentally safe.

_____ I know when Hazardous Waste Collection Day is in my community and I take my leftover paints, sprays, and chemicals to the designated site.

_____ I properly dispose of car batteries, tires, and motor oil. It only takes 1 quart of motor oil to pollute 250,000 gallons of drinking water.

_____ I use organic fertilizers in my yard and garden.

Energy Conservation

_____ I turn off all lights when they are not needed.

_____ I only run my dishwasher, washing machine, and dryer when I have a full load.

_____ I use the least amount of cycle time needed for these heavy energy-using appliances.

_____ I use LED light bulbs.

_____ I keep my home's thermostat low and I turn the heat down at night and when away for any length of time.

_____ I have ample insulation, weather-stripping, and caulking in my home.

_____ I use motion detector lights outside my home so that I do not have to leave the lights on continually.

Cars and Trucks

_____ I drive a fuel efficient vehicle.

_____ I get my car or truck tuned up regularly.

Water Conservation

_____ I take showers which use 15 gallons of water per 2 minutes, rather than an average bath which uses 40 gallons.

_____ I turn the water off when I am brushing my teeth, or when washing dishes rather than letting the water run unnecessarily.

_____ I use only the water that I absolutely need when watering my lawn or garden.

_____ I have a low water level toilet.

_____ I plant trees to help absorb carbon dioxide which is contributing to global warming.

_____ I compost my yard waste.

_____ I plant a vegetable garden which reduces my use of store-bought produce.

Other environmental actions which I take

_____ I educate myself, my children and others about environmentally safe practices.

_____ I tell my grocer about products which I would like to buy.

_____ I write legislators and others in positions of power in support of environmental issues.

_____ I write letters commending environmental practices and asking correction for those that are not safe and/or not healthy.

_____ I have written or emailed to have my name removed from future junk mail lists.
DMAchoice.org for directions

_____ I am aware that I can use my financial resources to get banks to stop funding climate chaos.

_____ I am aware of and support candidates who champion laws that protect watershed, forests and lakes.



Websites

Information about climate, food, green living and more
www.greenamerica.org

Climate action plan N.H. De[t of Environmental
Services www.des.nh.gov

Opportunities to engage with NH new climate plan
www.nhpr.org

Search N.H. Climate Plan