



# GREENFAITH-ENERGY SHIELD CERTIFICATION PROGRAM CLIMATE CHANGE MITIGATION PLEDGE (CCMP)

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Name of individual or household: \_\_\_\_\_

Email address of congregant signing the CCMP: \_\_\_\_\_

Cell or other phone number of congregant signing the CCMP: \_\_\_\_\_

I/we have decided to enroll in the GreenFaith-Energy Shield program after reviewing the Checklist that describes steps I/we can take to reduce my/our home/apartment's carbon footprint and to more generally help mitigate the effects of climate change.

I understand that by signing the CCMP, I/we have agreed to:

1. Select and commit to working on five out of the 11 categories on the Checklist. I understand that actions I/we already undertaken can be counted toward no more than three of the five categories.
2. Complete at least two of the suggested actions listed in each of the five categories selected;
3. Complete, or be on the path to completing, the ten identified tasks by February 25, 2019;
4. Sign and return my/our completed Checklist to the TOL reception desk by February 25, 2019. Please make a copy to keep for yourself. You may return the form by email to [info@tolsc.org](mailto:info@tolsc.org).

THANK YOU for doing your part to help protect the earth by participating in TOL's campaign to earn the GREENFAITH-ENERGY SHIELD credential.

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Signature

Print your name

Date signed

# CHECKLIST FOR TOL CONGREGANTS ENROLLING IN THE GREENFAITH-ENERGY SHIELD PROGRAM

Begin by reviewing the checklist and selecting five out of the 11 categories. Once you have identified five categories, choose at least two suggested actions from each. Please use the following Checklist to document your efforts. Actions already undertaken can be **counted toward no more than three** of the five categories.

It can be overwhelming to take those first steps. For each question, consider which actions take priority and the ways in which you/your family can make them come to life

**Category 1: Change lighting to LEDs – PLEASE NOTE:** *We recommend your selection of this category because LED bulbs save 7/8 of electricity as compared with standard bulbs. This can lead to a 2/3 reduction in home lighting energy.*

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Replace all possible incandescent or CFL bulbs in your home or apartment with LEDs – begin by replacing those lights that are on for at least an hour per day Don't wait to replace CFL bulbs until they burn out. The energy saved by replacing them more than makes up for removing and recycling your CFLs			
Recycle CFLs at Home Depot, Lowe's			

**Category 2: Get programmable thermostats or “smart” thermostats – PLEASE NOTE:** *We recommend your selection of this category because “smart” thermostats produce dramatic reductions in energy usage by learning your habits and ensuring that the temperatures in your home are both comfortable and energy-wise.*

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Install programmable thermostats			
Install “ <a href="#">smart</a> ” thermostats such as the Nest, which are operated through the use of a smart phone app, e.g., an iPhone or Android			
Establish maximum setbacks at night or when not at home without risking freezing pipes or mildew			
Set thermostat 2-3 degrees lower/higher (depending on season) when at home			

### Category 3: Improve the efficiency of your heating and cooling systems

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Calculate total energy usage for past year by using one of these sites, all of which are available free of charge: <a href="http://www.footprintnetwork.org/resources/footprint-calculator">http://www.footprintnetwork.org/resources/footprint-calculator</a> ; <a href="https://www.terrapass.com/carbon-footprint-calculator">https://www.terrapass.com/carbon-footprint-calculator</a>			
Schedule an appointment to have heating/cooling system tuned			
Depending on the season and temperature, draw blinds and drapes to block sun in summer and cold in fall/winter/spring			
Clean or change your system's filters regularly			
Clear furniture from heating and cooling registers			
Maintain ductwork by checking for leaks – Signs of possible leakage are uneven room temperatures, rising energy bills, more dust in your living space			

**Category 4: Caulk, insulate, weather strip, etc. – PLEASE NOTE: We highly recommend your selection of this category because these items produce dramatic reductions in energy usage by sealing air leaks, thereby preventing wasted energy and dollars.**

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
<a href="https://energy.gov/energysaver/caulking">Caulk</a> where needed -- <a href="https://energy.gov/energysaver/caulking">https://energy.gov/energysaver/caulking</a>			
<a href="https://energy.gov/energysaver/insulation">Insulate</a> <a href="https://energy.gov/energysaver/insulation">https://energy.gov/energysaver/insulation</a>			
<a href="https://energy.gov/energysaver/weatherstripping">Weather strip</a> older windows and ill-fitting doors <a href="https://energy.gov/energysaver/weatherstripping">https://energy.gov/energysaver/weatherstripping</a>			
Replace single paned windows with double paned ones			

### Category 5: Transportation

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Consider replacing a vehicle getting the current average of 21.4 mpg with one that gets more, preferably an electric or hybrid car			
Keep your tires inflated to the recommended air pressure, or consider buying new tires that minimize wasted energy			
Reduce your driving over 70 mph by 25%			
Reduce aggressive driving, i.e., making hard stops and starts, and speeding far above posted speed limits—by 25%			
Fly 10% less; if travel is unavoidable, purchase carbon offsets for your trips. There are many places where carbon offsets can be purchased, including <a href="https://www.nature.org/ourinitiatives/urgentissues/global-warming-climate-">The Nature Conservancy</a> <a href="https://www.nature.org/ourinitiatives/urgentissues/global-warming-climate-">https://www.nature.org/ourinitiatives/urgentissues/global-warming-climate-</a>			

## Category 6: Be Appliance Smart

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Unplug unused appliances; use power strips to shut off multiple appliances			
Clean clothes dryer lint trap, dry full loads, or line dry clothing			
Adjust refrigerator to 'normal' setting			
Move refrigerator at least 3 inches from the wall; vacuum coils/vents			
Purchase ENERGY STAR appliances when replacing older appliances			
Turn off lights when you leave a room or install a dimmer or occupancy sensor			

## Category 7: Save Hot Water

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Lower hot water temperature to 110 or 115 degrees			
Fix any leaks (even cold water) as there is an energy cost to pumping and filtering potable water and then processing wastewater			
Insulate first few feet of heated water out pipe			
Wash clothes in cold water			
Wash only full load or change washer settings for load size			
Wash dishwasher on full load; scrape dishes instead of rinsing			

## Category 8: Recycling

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Review your city or town's website to ensure that you know what can be recycled and where			
Recycle other items (Styrofoam, plastic bags, etc.) at Publix or other collection site			
Donate clothes in good condition, books, furniture, household goods, and anything else that has a second life			

**Category 9: Kitchen and food waste (Harvesting, transporting, and packaging of wasted food generates more than 3.3 billion metric tons of carbon dioxide.**

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Reduce your meat consumption by eating one less meat meal per week			
Consider composting by purchasing a backyard			
Join a Community Supported Agriculture program (CSA)			
Buy locally grown food at farmers markets or other local purveyors; avoid products, especially meat, produced by conventional, commercial farms			
Reduce your food waste by 10%, in part by making better use of leftovers			

**Category 10: Solar – complete only one of these**

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Sign up for a community solar program like <a href="https://sceg.rooflessolar.com">https://sceg.rooflessolar.com</a> or install solar panels on your roof			
If you live in a rental apartment, talk with other tenants and mobilize support for approaching the landlord about exploring the installation of solar			

**Category 11: Lobbying and Advocacy**

Suggested Actions	Deadline	Who's Responsible	Completed (y/n)
Become involved in a climate change organization such as Sierra Club			
Participate in legislative lobbying activities on issues affecting climate change			
Sign petitions			
<b>Inspire and excite us and teach others by sharing anything else you've done:</b>			

**PLEASE REMEMBER TO RETURN THIS TO THE TOL OFFICE or by email to [info@tolsc.org](mailto:info@tolsc.org) BY FEBRUARY 25, 2019. THANK YOU FOR PARTICIPATING.**