

How to Green Your Home & Lower Your Carbon Footprint

with minimal effort



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What are you doing to understand the impact of your behavior & how do you develop the flexibility in your personal behavior to deal with the level of change that is likely in our future.

- Reduce your consumption of our natural resources
- Reduce your waste
- Reduce your utility bills
- Create a healthier home for you, your family & your friends



FIRST THINGS FIRST

- Switch to Green Power



- RECYCLE! 1-800-RECYCLE



Audit Your Usages

- Energy Audit = Blower Door Test

Community Energy Challenge (360) 676-6099

<https://sustainableconnections.org/community-energy-challenge/>

- Water Audit = Public Works Calculator

Calculator: <http://www.cob.org/services/utilities/water-calculator.aspx>

In Person Water Audit <https://cob.org/services/environment/conservation/indoor-water-conservation/rebate>

- Waste Audit = SSC Inspection

Rod Pemble (360) 734-3490

- Transportation Audit = Diary of your travels

Reduce Consumption - Power

- Switch to CFL bulbs
- Install programmable thermostats
- Install ceiling fans
- A microwave can reduce the energy you use cooking by about two-thirds, while a toaster oven can cut energy consumption in half.
- Lower your thermostat by 3 degrees
- Install power strips on electronics
- Turn off computers – phantom loads
- Seal air leaks & add insulation in ducts



Reduce Consumption - Water

- Use low flow showerheads & faucets
- Switch to dual flush toilets - or - yellow let it mellow, brown flush it down.
- Displace the water in your toilet so you use less when flushing.
- Wash full loads of laundry & use cold water with liquid detergent except for heavily soiled clothes or diapers.
- Use water from steaming vegetables, old water bottles, tea pots or pasta for plants and animals.
- Install rain barrels for watering lawns & gardens



Reduce Your Waste

- Rediscover tap water – Get a water filter & re-useable water bottles
- Switch to cloth napkins instead of paper towels.
- You are buying paper plates anyway, buy recyclable plates, not the coated ones. Cups & utensils too. US Chef Store or <http://www.worldcentric.org/store/index.htm>
- Switch to paperless for any statements or bills you receive in the mail & online payments with any account that has a website and electronic payments.
- Buy large containers instead of small ones, i.e. dairy products in plastic containers, cereal boxes.
- Shop at secondhand stores like Labels & Value Village
- Don't forget your reusable shopping bags (I do all the time)



Reduce Your Utility Bills

- Everything that reduces your consumption of power & water, & reduces your waste will reduce your utility bills



Create a Healthy Home Environment

- Buy non-toxic cleaners or make your own with everyday household products
 - [Shaklee](#)
 - [ECOS](#)
 - [Simply Quinoa](#)
 - [Tiny Beans](#)
- Buy products with the “Green Seal”
 - www.greenseal.org
- Use Low or No VOC paints, sealers, varnishes, caulking
- Attic Fans, Whole House Fans or Ceiling Fans.
- Remove old carpet. Stay away from carpet all together if possible.
- Install Water Filters
- Buy non-toxic yard care
 - for a complete list of local businesses promoting safe yard care products go to <https://cob.org/services/environment/stormwater/lawn-garden-care-sw>

Green Choices for Your Green Remodel

- Energy Star Appliances
- Low Flow Fixtures & Toilets
- Double Pane Windows
- Formaldehyde Free Materials
- Sustainably Harvested Wood – Framing, Flooring, Cabinets
- Low VOC Paints, Glues, Stains
- Renewable, Sustainable or Recycled Content Flooring
- On Demand Hot Water
- Buy Local

Just a few of my references

<https://www.builtgreen.net/>

<http://www.northwestenergystar.com/>

Additional tips, rebates and contractor referrals email energy.advisor@pse.com

Green Building & Remodeling for Dummies by *Eric Corey Freed*

The Green Book – The Everyday Guide to Saving the Planet
One Simple Step at a Time

by *Elizabeth Rogers & Thomas Kostigen*

Pretty Good House; A Guide to Creating Better Homes
by *Dan Kolbert, Emily Mottram, Michael Maines & Christopher Briley*

A House Needs to Breathe, Or Does it?
by Allison A. Bailes III, Phd