

The Niagara Home Challenge

Name:

in Household:

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: CFL bulbs have replaced incandescent ones in as many places as possible in the home; where used, LED Christmas lights have been purchased.

Water: Where possible aerators have been installed on taps to save water. Low flow shower heads are installed. Single use plastic bottles are not used in the home.

Recycling: Everyone in the home has been "trained" in the correct use of the blue, green and regular garbage bins. Anything that can be reused is given to charity or offered to others via a "freecycle" or other similar group.

Vehicle use: Walking/cycling is the first choice of transportation. Car trips are planned to cut down on unnecessary journeys. One day a week the car stays in the garage.

Heating & Cooling: A programmable thermostat has been installed on heating and cooling units. During the winter months, heat is set at 17°C (63°F) when you are sleeping or not at home and at 20°C (68°F) when you are awake and home. In the summer months, try to set your thermostat somewhere between 24° C/74° F and 26° C/78° F, depending on the outdoor temperature and humidity.

Food: Local Ontario food (and wine) is bought where and when possible. Organic Ontario food is bought when possible. Fair trade coffee and other products are used in the home. Re-usable shopping bags are used. At least two days a week are designated as meat free.

Garden & Grounds: No pesticides are used in the garden. Mulching and drip watering are practised. If possible a new tree or bush has been planted. An environmentally friendly salt-substitute is used in the winter.

Paper: Emails are used as much as possible. If items have to be printed on the computer then double sided and recycled paper is used.

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 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.

Multiply your Column 1 (Doing this Now) total by 3. Multiply your Column 2 (Working On It) by 2. Add the results together. We hope you have, or plan, to commit to at least 18 points worth of initiatives in the Niagara Home Challenge. Be sure to share your results with your parish Green Facilitator!