CCAC Home Energy Checklist

The CCAC Home Energy Checklist is designed to help you develop habits and behaviors that will reduce your households energy usage and utility costs and help protect the environment.

How the Checklist Challenge works:
- Review the checklist and decide what you can achieve.
- Add up your total points for each category.
- Share the checklist with your household and encourage others to implement these important energy and cost saving strategies.
- Please contact us at ccac@compact.org if you would like to learn more about other energy efficiency program incentives/rebates!

ENERGY

___ I/We turn off lights, appliances/electronics when not in use.
___ Unplug chargers once devices are powered up.
___ Shut down computers or set to “sleep/hibernate” mode when not in use
___ Spend as much time as possible unplugged and away from electronic devices
___ Use natural lighting whenever possible
___ Use LED lightbulbs
___ Only wash clothes in full loads on the cold setting
___ Use a drying rack or clothes line instead of a dryer
___ Put dishwasher on eco-cycle setting
___ Take showers that are under 5-10 minutes
___ Turn off the faucet while lathering up, brushing teeth, and/or shaving
___ Wear layers or use blankets instead of turning heat above 70 degrees
___ Turn heat/AC down at least 5 degrees when out of the house or at night
___ Use window shades/curtains to keep heat in (winter) and sun out (summer)
___ Use fans instead of air conditioners to keep cool in the summer
___ Will reduce use of lawn mowers and snow blowers

Category Total ___ / 16
FOOD/GARDEN

1. We buy local food and compost food waste whenever possible
2. Only take what I can eat to reduce food waste
3. Eat a vegetarian/vegan diet as often as possible
4. Use a microwave instead of a conventional oven to heat up food
5. Combine cooking meals in oven when possible
6. Plant flowers/shrubs/trees that are native to the area
7. Use natural fertilizers and pesticides
8. Rake leaves instead of leaf blowing
9. Leave fallen leaves on the property as often as possible

Category Total __ / 9

WASTE

1. We use reusable water bottles and do not buy disposable plastic bottles
2. Use reusable items such as lunch boxes, coffee mugs, tupperware, etc.
3. Look for second-hand options before purchasing anything new (i.e. clothes, furniture, dish-ware)
4. Recycle EVERYTHING possible
5. Shop locally and remember to bring my own bags
6. Buy items with reduced packaging
7. Use green cleaning products & recycled/eco-conscious paper products

Category Total __ / 7

TRANSPORTATION

1. We take public transportation as often as possible
2. Have a car but carpool as often as possible
3. Bike or walk for trips under a mile
4. Do not let my car idle and encourage others not to idle
5. Walk up stairs rather than taking the elevator, if physically able to do so
6. Walk to school/work or carpool/take public transportation 3x per week

Category Total __ / 6
I/We am aware of environmental organizations in my community

I am a member of an environmental organization

I will try to participate in energy saving incentives, programs, and opportunities to increase household energy savings

I will challenge friends and neighbors to enter the Checklist Challenge

I will volunteer at a CCAC Environmental Event

Category Total ___ / 5

Suggestions Based on Category Totals

Take a look at your category totals to see which areas have the most room for improvement. Categories with half of the options or less checked off are great places to start your energy saving journey!

**Checklist Challenge:** Complete every category by the end of the year (to the best of your ability)! Let us know how you did!

For more information about energy efficiency ideas or incentives, please contact ccac@compact.org or visit www.compact.org/CCAC

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Please tear off and submit your contact information!

Name:  

Address:  

Phone:  

Email:  