

## BE A GREEN UMW UNIT: TAKE THE PLEDGE

Every action has consequences on other humans and on the earth. Become aware of the outcome of your actions, reduce your impact on others, and walk lightly on the earth. Consider these practices to be a spiritual discipline.

We pledge to work toward the following environmentally safe practices. Sign up now.

Name Local Unit \_\_\_\_\_ UMW Conference \_\_\_\_\_

### 1. EDUCATION

- \_\_\_ Learn about the environmental crisis and ecological justice; Visit <http://environment.umwonline.net> for resources.
- \_\_\_ Read about or join a study group fostering voluntary simplicity.

### 2. GREEN YOUR LIVING SPACE

#### Energy Use

- \_\_\_ Alternative energy: solar/ geothermal/ purchase wind from your energy company.
- \_\_\_ Purchase Energy Star appliances (refrigerator, dishwasher, washer/dryer, water heater, dehumidifier) and high efficiency furnace, air conditioner, and windows.
- \_\_\_ Get programmable thermostat. Lower thermostat in winter; raise it in summer.

Change settings when away. Use ceiling fans.

- \_\_\_ Clean/ replace filters for all appliances/furnace with filters.
- \_\_\_ Replace all incandescent light bulbs with compact fluorescent light bulbs
- \_\_\_ When not in use, turn off lights, TV, computer, appliances. Prefer natural light.
- \_\_\_ Turn off TV, computer, microwave, etc. at the strip/ plug.
- \_\_\_ Run full loads in dish washer, washer, and dryer. Use short cycles/ clothes line.
- \_\_\_ Use microwave/ toaster oven/ slow cooker rather than oven/range.
- \_\_\_ Set refrigerator at 36F to 42F, freezer at -5F to +6F, and water heater at 120F.
- \_\_\_ Use cold or warm water when washing clothes; rinse in cold water.
- \_\_\_ Insulate walls/ attic. Repair leaks around windows/doors. Lock windows to seal.
- \_\_\_ Repair hot water leaks. Insulate water heater (“blanket”) + hot water pipes (wrap).

#### Cleaning Products

- \_\_\_ Use non-toxic dish detergent, laundry detergent, and cleaning products.
- \_\_\_ Use safe cleaning products either purchased or homemade.
- \_\_\_ Avoid spray products for cleaning, air-freshening, and cooking.

#### Water Use

- \_\_\_ Do not let water run while doing tasks.
- \_\_\_ Install low-flow shower heads and faucet aerators.
- \_\_\_ Repair faucet leaks and toilet runs immediately.
- \_\_\_ Take a shower rather than a bath, and shower less often.
- \_\_\_ Wash dishes and laundry on full load.

#### Food

- \_\_\_ Buy fair-trade products.
- \_\_\_ Buy organic products.

- \_\_\_ Buy local produce and products.
- \_\_\_ Buy only what you will consume, and then use all you buy.
- \_\_\_ Put on your plate only what you will eat, and then eat all on your plate.
- \_\_\_ Eat fewer (or no) meat meals each week. Have a hunger meal each week.

### **Paper Use**

- \_\_\_ Use recycled, post-consumer paper products for kitchen, bathroom, and cleaning.
- \_\_\_ Avoid paper towels; use cloth napkins and handkerchiefs.
- \_\_\_ Use electronic media rather than paper. Avoid bright-colored paper.
- \_\_\_ Use recycled, post-consumer, acid-free note/office paper or paper from tree farm.
- \_\_\_ Use the paper completely on both sides.
- \_\_\_ Avoid bright-colored paper.

### **Reduce/ Recycle/ Reuse**

- \_\_\_ Avoid use of paper, plastic, and Styrofoam in plates, cups, and utensils.
- \_\_\_ Recycle glass, tin, plastic, newsprint, mixed paper, cardboard, etc.
- \_\_\_ Recycle batteries, printer cartridges, cell phones, plastic bags.
- \_\_\_ Safely dispose of computers, printers, paint, and other toxic products.
- \_\_\_ Do not put grease or strong chemicals down drains.
- \_\_\_ Buy products with less packaging.
- \_\_\_ Compost food scraps and lawn clippings.
- \_\_\_ Use canvas bags for shopping or reuse paper/plastic when shopping.
- \_\_\_ When eating out, take your own plastic container for leftovers.

### **3. TRAVEL**

- \_\_\_ Purchase high mileage car. Maintain engine/tire pressure. Change oil/air filter.
- \_\_\_ Over 55 miles per hour, drive more slowly. Easy stops and starts. Do not idle.
- \_\_\_ Where feasible walk, bicycle, and carpool.

### **4. WORK**

- \_\_\_ Green the work space and work practices: office, shop, factory, classroom
- \_\_\_ Advocate with employers to green your company, agency, or institution.
- \_\_\_ Promote greening among fellow workers and clients/customers/students.

### **5. NATURE**

- \_\_\_ Enjoy as kin the plants and pets in your living space.
- \_\_\_ Take ten minutes a day to enjoy/love nature. Take a retreat with nature
- \_\_\_ Use devotional materials that enhance your love of nature and your care for it.

### **6. PUBLIC COMMITMENTS**

- \_\_\_ Advocate for environmentally friendly legislation and policies.
- \_\_\_ Restore a local habitat; protest a local environmental violation.
- \_\_\_ Contribute to social justice organizations and environmental organizations.
- \_\_\_ Invest in socially responsible stocks and bonds that foster eco-justice.

**SIGNED** \_\_\_\_\_ **DATE** \_\_\_\_\_