

Take the Sustainability Challenge

Norfolk residents are taking the sustainability challenge! It's the smart thing to do. Actions like switching off the lights when leaving a room, walking to work, and installing insulation save money, improve fitness, and protect and conserve our precious natural resources.

Living sustainably means living smarter. This "Living Sustainably Checklist", sponsored by Keep Norfolk Beautiful, the City of Norfolk and your own neighborhood Civic League will help you reduce your impact on the environment and save money, without compromising your lifestyle. At www.norfolkbeautiful.org you'll find useful tips on how best to use energy and water, and what to do with your trash. The site provides advice, local resources and links to more information about waste, water, energy, building transportation and climate change.

The time to take action is now! The Ernie Morgan Center, located next to the Virginia Zoo at 3500 A Granby Street, has examples of sustainable building practices and our staff is ready to answer your questions. The Ernie Morgan Center is a great source of local information and contacts on what's happening in your community and how you can get involved.

TAKE THE SUSTAINABILITY CHALLENGE:

Please indicate which steps you will take to lead a more environmentally sustainable lifestyle. Place a check (or an X in Microsoft Word) next to the actions you are already taking and the ones you will start practicing this year.

Name of Participating Family	
Address	
Phone	
Email	

Actions	Currently Practicing	Will Start Practicing This Year
Waste		
I will separate household waste for recycling and put at the curb or take to a drop-off center.		
I will choose to buy products that are recycled and/or can be recycled.		
I will give away or sell unwanted items.		
I will discourage/stop junk mail.		
I will choose rechargeable batteries instead of single use ones.		
I will recycle old electronic waste. (There is a 24/7 center available at 1195 Lance Rd.)		
I will print on both sides of the paper.		
I will reuse food waste by composting.		
I will choose concentrates or refillables or buy in bulk.		
I will reuse cloth or canvas bags for shopping.		
I will give 'experiences' as gifts.		
I will use crockery and cutlery instead of disposable cups, plates and cutlery.		
I will leave my grass clippings on my yard after mowing.		
I will use a lunch box and reusable coffee mug instead of disposables.		
I will change my bank statements to online.		
I will buy previously owned furniture, clothes, toys, etc.		
I will say "no" to bottled water and use tap or filtered water in reusable containers.		
Water		
I will fix leaks.		

I will turn off the tap when I brush my teeth or shave.		
I will install a flow restrictor on my shower head/toilet.		
I will try to shower for 5 minutes or less.		
I will save water and put a brick in the toilet tank to reduce its water capacity.		
I will wash my car on the lawn.		
I will choose plants that suit our climate and soil condition to reduce watering.		
I will use mulch on the garden to reduce watering.		
I will only use my dishwasher and clothes washer to wash full loads.		
I will use a rain barrel for capturing rain water for use in the garden/lawn.		
I will switch to "green" cleaning products.		
I will use low VOC (volatile organic compounds) paint.		
I will take household paints, chemicals and batteries to a local household hazardous waste collection site.		
Energy		
I will use my microwave more often.		
I will replace broken appliances with Energy Star rated ones.		
I will turn my computer monitor off as it uses less power than standby.		
I will replace my regular light bulbs with Compact Fluorescent (CFL) bulbs (and dispose of EFL bulbs with hazardous waste).		
I will install a programmable thermostat.		
I will insulate my home and seal leaks around doors and windows.		
I will wrap my hot water heater and pipes to stop heat escaping.		
I will monitor my electric and gas bills regularly.		
I will open my windows and ventilate my home naturally.		
I will get advice on home energy efficiency if I rebuild or renovate.		
I will turn appliances off at the outlet.		
I will use cold water to wash my clothes.		
I will use a clothes line to dry my clothes.		
I will do an energy audit on my home (call KNB @441-1347 for more information).		
Transportation		
I will walk or use a bicycle instead of driving for short trips.		
I will stick to the speed limit and avoid quick starts to save fuel.		
I will turn off my engine and save gas if I'm idling for more than 30 seconds.		
I will use public transportation when I can.		
I will keep my car serviced regularly and make sure my tires are pumped.		
I will consider buying a more efficient vehicle.		
I will choose locally grown food when I can.		
I will carpool or join a car sharing program.		

***Return one copy of this form to your Civic League's EARNN representative.
Place this form in a common area in your home and use it to track your progress!***

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