



iconserve

An Individual or Family Conservation Plan



Top ten actions	WHERE I AM NOW	WHERE I WANT TO BE	NOTES
1 save energy Change your lights • Turn things off • Buy energy efficient appliances • Set the A/C higher • Cool naturally • Air dry laundry • Get an energy audit • Upgrade your insulation	9/10 8/10	9/10	At 300 kWh/ month, we're pretty good but our Energuide rating is only a 60
2 use green power Buy green power • Install solar panels • Join a green power co-op	8/10	8/10	We are Bullfrog powered, and have shares in the Windshare turbine, but no solar panels
3 help nature Grow native species, fruits and berries, or a food garden • Use a rain-barrel • Help with community gardens and local habitat	9/10	9/10	We have a naturalized yard with rain barrel, fruits, and a veggie garden
4 drive less Walk, ride a bike, or take transit • Join a car-sharing network • Plan for fewer trips • Buy hybrid or fuel-efficient cars	10/10	10/10	We have no car, commute by bike, and are members of Autosshare. We plan local vacations (Ontario + Quebec)
5 live local Live, work, shop and play within a walkable, mixed-use community • Create a community plan • For rural homes, be self-reliant	10/10	10/10	We love our neighbourhood as a complete urban village
6 eat local Eat local and/or organic food • Try the 100 mile diet • Eat more vegetarian meals	8/10	9/10	We have a natural food buying club, order local organic meat, support farmers markets etc.
7 buy green Buy environmentally-friendly products • Look for eco labels • Invest responsibly	9/10	9/10	We buy durable, energy efficient appliances; all our investments are in socially responsible funds
8 waste less Practice the 3Rs • Avoid excess packaging and plastic bags • Compost food waste	8/10	9/10	We produce less than one container of waste per two week period
9 prevent pollution Make your home and yard toxic free • Dispose of hazardous materials safely • Use a green dry cleaner	8/10	9/10	We avoid purchasing household hazardous products and save any hazardous waste for safe disposal
10 support conservation Donate to conservation • Support community projects • Volunteer	8/10	9/10	We support environmental groups and donate time to environmental and community causes
TOTAL	86/100 87/10	91/100	
How I/we will get there:			
Good Habits 1. increase local and organic food to over 50% of our diet. 2. eliminate plastic bags and use biodegradable compost bags. 3. replace plastic food and beverage containers.	Investments 1. replace 50 year old windows with new high efficiency windows that open fully to allow for natural cooling on summer evenings. 2. insulate back room, second floor. Done 3. increase berry bushes and vegetables in our backyard.	Done Done	