

# MPES ENERGY CHALLENGE CHECKLIST

The MPES Energy Challenge is designed to help you develop habits and behaviors that will reduce your household's carbon footprint and energy costs.

## How it works:

- Review the checklist and decide what you can achieve.
- Add up each statement that already applies to you or that you can commit to. *Each line is one point.*
- Add up your total points. *Maximum amount is 40.*
- Share the checklist with your local MPES AmeriCorps team.
- All households who achieve the "Pine Tree" standard will receive a certificate/sticker of completion!
- Fill out the MPES Self-Disclosure Form to see if you qualify to receive 10 LED bulbs, low flow kitchen and bathroom aerators and low flow shower heads, and more!

## ENERGY

- \_\_\_\_\_ I/We turn off lights when leaving a room or 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 at least 1 hour per day unplugged and away from electronic devices.
- \_\_\_\_\_ Use natural lighting whenever possible.
- \_\_\_\_\_ Use CFL or LED lightbulbs.
- \_\_\_\_\_ Only wash clothes in full loads, on the cold setting.
- \_\_\_\_\_ Use a drying rack or clothes line instead of a dryer.
- \_\_\_\_\_ 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 thermostat down at least 5 degrees when leaving the house or at night when sleeping.
- \_\_\_\_\_ 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.



Subtotal \_\_\_\_\_

**FOOD**

- I/We buy local food whenever possible.
- Only take what I can eat to reduce food waste.
- Compost food waste.
- Do not leave the refrigerator door open while deciding what to eat.
- Use a microwave instead of a conventional oven to heat up food.
- Put dishwasher on eco-cycle setting.
- Combine cooking meals in oven when possible.
- Use green cleaning products and recycled paper products.

»»»—————▶ Subtotal \_\_\_\_\_

**WASTE**

- I/we use a reusable water bottle and do not purchase plastic water bottles.
- Use reusable items such as lunch boxes, coffee mugs, tupperware, etc.
- Look for second hand options before purchasing anything new (i.e. clothes, furniture, dishware).
- Recycle EVERYTHING possible.
- Shop locally and remember to bring my own bags.
- Buy items with reduced packaging.

»»»—————▶ Subtotal \_\_\_\_\_

**TRANSPORTATION**

- I/We do not have a car and instead take public transportation.
- Have a car but carpool as often as possible.
- Bike or walk for trips under 1 mile.
- Do not let my car idle and encourage others to turn their cars off.
- Walk up flights of stairs rather than taking the elevator, if I am physically able to do so
- Walk to school/ work or carpool/take public transportation 3x per week.

»»»—————▶ Subtotal \_\_\_\_\_

\_\_\_\_\_ I am aware of environmental organizations in my community.

\_\_\_\_\_ I am a member of an environmental organization.

\_\_\_\_\_ I pledge to participate in energy saving incentives, programs and opportunities to increase household energy savings.

\_\_\_\_\_ I/we will challenge friends and neighbors to enter the MPES Checklist Challenge.

\_\_\_\_\_ I/we will volunteer at an MPES Environmental Event.



Subtotal \_\_\_\_\_

## YOUR SCORE

SEEDLING LEVEL  
1-10 PTS.

You are off to a good start. Keep growing!

SPROUT LEVEL  
11-20 PTS.

You are blossoming as an energy conservationist!

POPPY LEVEL  
21-30 PTS.

"P" is for practically perfect, you are well on your way!

PINE TREE LEVEL  
31-40 PTS.

Congratulations! You are making a difference in the Pine Tree State!



*Please tear off and submit your contact information!*

Name:

Address:

Phone:

Email:

Total Green Certification Audit Score \_\_\_\_\_