

# *Greening Sacred Spaces*

# **Energy Action Planner**



*Presented by*

Faith & the Common Good  
&  
*20/20 The Way to Clean Air*

# A Planner for Saving Energy

As members of a faith-based community, we must do whatever we can to preserve the health of our sacred planet. A large part of this effort involves making changes in our personal lifestyles and homes.

Most of the energy we use comes from the burning of oil and gas, including our electricity, resulting in unhealthy smog and climate-changing greenhouse gases. We can help by finding ways to reduce our home energy use.

This Planner provides you with a listing of actions you can take to save energy without sacrificing your comfort or safety. It also shows you how much you can save as a percentage of your overall usage.

## -- PLAN (beginning of Week 1) --

### ***Step 1 - Assess your energy usage and plan your actions***

Go over the list of actions and check off all those that you have already been doing. Decide which actions you will start doing in the next two weeks, and make a plan to ensure you get them done. This step is best done in consultation with other members of your household (or your fellow condo and apartment dwellers).

### ***Step 2 - Make the changes you can***

Do those actions that you can accomplish in 2 weeks. Some, like programming your thermostat are single actions. Others, like closing the curtains on hot summer days, require changes in habits and routines, so you'll have to make more of an effort on those.

## -- ACT (by end of Week 2) --

### ***Step 3 - Finish filling out the Planner***

Sit down and note what you've accomplished by marking down the percentage saving for each new action taken. And check off those actions you will put into effect as soon as you can (such as when winter comes). Don't forget!

### ***Step 4 - Let others know what you've done***

You can then return the filled out Planner to your local Green Facilitator or one of the members of the 'Green Team' at your place of worship (see the back of this booklet for contact information). Your Green Facilitator is a volunteer from your faith community who will collect the Planners, tally up the results, and then let everyone know the total amount of energy saved by everyone acting together.

You can now enjoy your triple reward - a healthier world, reduced home energy costs, and the satisfaction of knowing you've done the right thing.

			PLAN Week 1		ACT Week 2	
	GENERAL	Energy savings (%)*	Have been doing this	Will start doing this	Now started doing this	Will do this soon
1	To keep the heat in (during winter), close drapes or blinds each night	0.5%				
2	To keep the cool air in (during summer), close drapes or blinds for the daylight hours on sunny days	0.5%				
3	Clean or replace your furnace filter (should be done every 2 months)	0.5%				
4	Use cold water instead of hot water every time you wash your clothes	1%				
5	Reduce the number of drying cycles by half (by hanging your clothes or making sure your dryer is full)	0.5%				
6	In unused rooms, turn radiators down and keep all air vents and doors closed when your furnace or air conditioner is operating	1%				
7	Clean the condenser coils on the back of your refrigerator by brushing off or vacuuming the dust	0.5%				
8	Use your dishwasher only when full; use the energy-saving or light wash cycle; select the air dry option	0.5%				
9	Turn off lights, computers and TVs when not in use	0.5%				
10	Close the fireplace damper or air-tight fireplace door after each use of your fireplace	1%				
<b>Energy Savings Sub-Total</b>						

(\* percentage savings are generalized and may vary upon circumstances)

**Did you know?**

*30% of home heat is lost through cracks and crevices. That's like living with a basketball-sized hole in your living-room wall. Comprehensive draft-proofing can save you up to 10% on your space heating bill.*

		PLAN Week 1		ACT Week 2		
LIGHTING		Energy savings (%)	Have been doing this	Will start doing this	Now started doing this	Will do this soon
11	Replace frequently used incandescent light bulbs with compact fluorescent bulbs					
a	• Replace 2 bulbs	1%				
b	• Replace 4 bulbs	2%				
c	• Replace 6 or more bulbs	3%				
12	Replace frequently-used outside lights with motion detecting lights	1%				
13	Install timers for frequently-used outdoor lights	1%				
<b>Energy Savings Sub-Total</b>						

		PLAN Week 1		ACT Week 2		
HEATING WATER		Energy savings (%)	Have been doing this	Will start doing this	Now started doing this	Will do this soon
14	Lower hot water tank temperature by 5°C / 10°F and aim for the ideal energy savings temperature of 49°C / 120°F (run hot water from your tap onto a meat thermometer to figure out the temperature)	3%				
15	Place insulation around at least the first three feet of water pipes attached to your water tank	1%				
16	Install low-flow showerhead / faucet aerators	3%				
17	Repair all leaky faucets and showerheads	2%				
18	Set your swimming pool heater thermostat back:					
a	• By 1°C / 2°F	7%				
b	• By 2°C / 4°F	14%				
c	• By 3°C / 6°F	20%				
19	Use a solar blanket to cover your swimming pool for each night of the summer season when the pool is warmer than outside temperature	20%				
<b>Energy Savings Sub-Total</b>						

HEATING AND COOLING		PLAN		ACT		
		Week 1		Week 2		
		Energy savings (%)	Have been doing this	Will start doing this	Now started doing this	Will do this soon
Set thermostat for heating back: (select one)						
• By 2°C / 4°F 24 hours a day		6%				
• By 2°C / 4°F at night only		2%				
• By 2°C / 4°F during the day and 3°C / 6°F at night		8%				
Set thermostat for cooling up: (select one)						
• By 2°C / 4°F higher 24 hours a day		1%				
• By 4°C / 8°F higher at night only		1%				
• By 2°C / 4°F higher during the day and 4°C / 8°F at night		2%				
Use fans in conjunction with your air conditioner		2%				
Do comprehensive draft-proofing:						
• Caulk and weather-strip doors and windows		6%				
• Cover windows and unused doors with plastic sheeting		3%				
• Install insulating gaskets in electrical outlets and light switches, and install childproof plugs in the same outlet (on outside walls)		1%				
Upgrade attic insulation to R40 (a foot deep)		5%				
Upgrade basement insulation to R-18		10%				
Install double glaze low-e argon-filled windows throughout your house		3%				
Permanently seal an unused fireplace		3%				
<i>Energy Savings Sub-Total</i>						

**Total Energy Savings** (add the sub-totals above) = \_\_\_\_\_

[A home energy audit is a good way to fully identify all potential savings. To find a local audit agency, or to learn more, visit the website of Natural Resource Canada's Office of Energy Efficiency - [www.oeenrncan.gc.ca](http://www.oeenrncan.gc.ca) (see Personal:Residential:Home Improvement)].

**Did you know?**

*Installing a low-flow showerhead may cost you between \$30-45, but could save you up to \$1,400 in energy costs over five years.*

Other Actions for Apartment and Condominium Dwellers (check off where applicable)	Have been doing this	Will start doing this	Now started doing this	Will do this soon
Get support from other building tenants, your condo board or co-op executive when approaching your landlord or property owner.				
Talk to your property owner/manager and get them involved:				
• Encourage them to have a whole-building energy audit done.				
• Ensure that they fix leaking taps. One drop a second of hot water can waste as much as 48 gallons of hot water a week.				
• Suggest that they close off vents to parts of your building, such as basements or storage areas, that don't need to be heated.				
• Encourage them to look for the ENERGY STAR symbol when shopping for building appliances.				
Organize a workshop on energy conservation for the tenants and owner/manager.				

**Did you know?**

***The average 10 year-old furnace wastes as much as 45% of the heat it produces. Newer natural gas furnaces are up to 98% efficient. Replacing a low-efficiency furnace with a high efficiency unit can, by itself, reduce your home energy use by 20%!***



## Faith & the Common Good

Seeking Common Ground for the Common Good



There is a new **Air Quality Health Index** (AQHI) in the Greater Toronto Area. The customized tool measures air quality in terms of your health on a scale of 1 to 10. A reading of 1 is a low health risk, while 7 is a high risk. The Index helps you plan your day. You can decide, based on the air quality, when to perform strenuous outdoor activities. The Index will be added to some weather reports. Find information about the Index and your local air quality reading at [www.airhealth.ca](http://www.airhealth.ca). Information is updated hourly and a forecast is provided for the next day.

You can play a part in improving the air we all breathe by taking the steps outlined in this Energy Action Planner. Energy conservation is the first step to improving air quality in the GTA. And the more we do in our individual lives, the more we can expect government and industry to take action.

**Faith & the Common Good (FCG)** is a national interfaith network dedicated to bringing people of all faiths together to dialogue and take action on issues related to our common good. Through its *Greening Sacred Spaces Program*, FCG works with faith communities to help them reduce their environmental impacts and make the world a better place.

For information on how to promote eco-sustainability as people of faith, please visit

***[www.faith-commongood.net](http://www.faith-commongood.net)***

Supported by



**20/20 The Way to Clean Air** is a campaign of municipal health units and is coordinated through the Clean Air Partnership. It is designed to involve individuals in solutions to air pollution so we can all breathe easier. 20/20 provides you with resources to help reduce home energy use and vehicle use by 20 per cent.

This planner is based on the 20/20 Planner, a more extensive document available at

***[www.toronto.ca/health/2020/2020\\_planner.htm](http://www.toronto.ca/health/2020/2020_planner.htm)***

**Sponsored by your  
'Green Team'**

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**Information about your Green Facilitator:**

Name: \_\_\_\_\_  
Tel: \_\_\_\_\_  
Email: \_\_\_\_\_

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**Information about you (*optional*):**

Name: \_\_\_\_\_  
Tel: \_\_\_\_\_  
Email: \_\_\_\_\_

I'd like to be contacted to learn more about the *Green Team*

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