

# Be a green UMW unit: take the pledge

Name of Local Unit \_\_\_\_\_ UMW District \_\_\_\_\_

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. Please check the appropriate boxes that your unit decides to follow. Remember we are not perfect but trying to follow the tasks that are checked is all that is asked of your unit and it's members.

## 1. EDUCATION

- Learn about the environment crisis and ecological justice.
- Read about or join a study group fostering voluntary simplicity.

## 2. GREEN YOUR LIVING SPACE

### A. 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.
- 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 lightbulbs 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 of dishwasher, washer, and dryer. Use short cycles/clothesline.
- 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 120 F.
- 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).

### B. 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.

### C. WATER USAGE

- 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 short shower rather than a bath, and shower less often.
- Wash dishes and laundry on full load.

### D. 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.

#### E. 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 a bright colored paper.
- Use recycled, post consumer, acid free note/office paper or paper from tree farm.
- Use the paper completely on both sides.

#### F. REDUCE/RECYCLE/REVIEWS

- 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 mph, drive more slowly, easy stops and starts. Do not idle.
- Where feasible walk, bicycle, and carpool.

### 4. WORK

- Green the workspace 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 care of them wisely)
- Take 10 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.

Unit President \_\_\_\_\_ Date \_\_\_\_\_

**Be sure and send a copy to the District E & I Coordinator  
for credit by August 1 of the current year.**

**Each unit will receive a certificate at Annual Day the year they decide to pledge.**