



Scorecard of Activities- Energy

Activity	Description	Photo proof
Check your thermostat	Save on your next electricity or gas bill by adjusting your thermostat to at least 22° C in the summer or 20° C in the winter.	Photo with your thermostat set to 22° C in the summer or 20° C in the winter.
Switch to LED light bulbs	Make sure you are using efficient LED lightbulbs in your home. These use a fraction of energy of incandescent bulbs and last longer.	Photo with the LED lightbulbs in your home.
Use that power bar to power down	When electronics are plugged in but turned off, they still use energy (called "standby" or "phantom" power). Plug in your electronics such as a TV cable box, computer, cell phone charger, or portable speakers into a power bar. Be sure to turn off your power bar when you are not using your electronics. This can save money on your energy bill!	Photo with your power bar with at least 3 cords plugged in.
Use energy efficient appliances	Show that your home has energy efficient appliances. Look for the "ENERGY STAR" logo on large appliances such as fridges, dishwashers, washers, and dryers.	Photo with at least one ENERGY STAR appliance.



<p>Discuss climate change with your family & friends</p>	<p>Use the resources provided to have a conversation with your family and friends about climate change and the impacts our actions have on the health of the planet. This is a great opportunity to discuss concerns that some might have, and brainstorm ways you can have a positive impact on our the earth.</p>	<p>Photo of the discussions happening with family members, roommates, or friends (these can take place via an online platform).</p>
<p>Air dry your laundry</p>	<p>Hang your clothes to dry on a drying rack or a clothesline. This will reduce your need to turn on the dryer and save you money.</p>	<p>Photo of your clothes line or drying rack with clothes being hung to dry.</p>
<p>Wash your clothing in cold water</p>	<p>Washing your clothing in cold water reduces shrinkage, wear and tear on clothes, and reduces wrinkles. It is also great to help you reduce your energy consumption and bills!</p>	<p>Photo of your washing machine showing that the cold water setting is on. This photo should show clothing in the washing machine as well.</p>
<p>Create a family eco-pledge board</p>	<p>Like a sustainability board you might find at your workplace, set up an area of your home where you can display your family's commitment to leading more eco-conscious lives. Be open to the different actions individuals want to commit to and encourage dialogue and brainstorming.</p>	<p>Photo of your eco-pledge board. If you'd like to be in the photo, even better!</p>
<p>Bike/walk to work & for errands</p>	<p>Bike or walk to work, or while you do errands, if possible.</p>	<p>Photo of you biking or walking to the office or on your way to do errands.</p>