

EcoHome LO Certification Checklist

To attain certification, a participant must:

1. Complete at least 1 item from each REQUIRED section of the application
2. Complete a minimum number of items overall
 - a. Bronze: Complete at least 20 items overall
 - b. Silver: Complete at least 40 total items overall
 - c. Gold: Complete at least 60 total items overall

How to interpret this checklist:

The greater the number of leaves () that accompany an item, the larger its eco-impact – look out for 3-leaf items if you're hoping to challenge yourself! However, every listed item counts the same toward your EcoHome Certification.

Additionally, if you already achieved any of these items before starting the checklist, you can still check them off and count them towards your overall score.

The following sections (1-8) are REQUIRED. You must complete at least 1 item from each section in order to qualify for any level of certification.

1: Reduce, Reuse, & Recycle

Combating the creation of excess waste is an important tenet of sustainability. In 2018 (the latest year for which data is available), Oregonians generated 5,652,826 tons of waste – that's more than 7.4 pounds per person per day. Waste contributes to greenhouse gas emissions, toxic chemical leaching, and pollution. By reducing, reusing, and recycling materials, you can help diminish these environmental impacts (and even save a little money in the process).

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 1.1:** Researched recyclable materials in your area and printed out the Clackamas County Recycling Guide to keep near your recycling receptacle
- 1.2:** Reviewed curbside composting rules in Lake Oswego and placed a compost pail in your kitchen to collect leftover food scraps, or used a City-approved at-home compost system
- 1.3:** Exchanged at least 2 types of single-use materials for reusable or alternative materials
- 1.4:** Switched to bringing your own bags when going shopping
- 1.5:** Switched to printer paper with at least 30% post-consumer recycled content
- 1.6:** Switched to a double-sided printer or printing on the blank side of a previous 1-page job
- 1.7:** Participated in a repair fair or went to a local repair shop to have an item repaired
- 1.8:** Borrowed an item from the Lake Oswego Library of Things
- 1.9:** Became a certified Master Recycler or completed a free Recycling 101 course
- 1.10:** Conducted an at-home waste audit and created a plan to reduce waste within the past year
- 1.11:** Conducted an at-home food waste audit within the past year and created a plan to reduce food waste within the past year
- 1.12:** Decluttered your home within the past year and donated household items (such as clothing, toys, decorations, and appliances) that are no longer needed
- 1.13:** Worked with your friends and neighbors to create a list of items that you would be willing to lend to one another
- 1.14:** Arranged a system for reusing or recycling items that Lake Oswego's recycling services can't accommodate

2: Energy Conservation

Conserving energy is beneficial for both the environment and your wallet. In the United States, 58% of the energy produced (and paid for) is wasted. This leads to excess pollution, public health damage, wildlife and habitat loss, land and water use, and greenhouse gas emissions. Making simple at-home changes can save you hundreds of dollars every year and diminish these environmental impacts.

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 2.1:** Read through Energy Star's household tips for saving energy or completed a course on reducing energy usage within the past year
- 2.2:** Obtained a home energy rating score
- 2.3:** Purchased renewable energy or carbon offset credits from a utility provider
- 2.4:** Participate in Portland General Electric's Peak Time Rebates program
- 2.5:** Adjusted your thermostat to be warmer in the summer and cooler in the winter than its default settings
- 2.6:** Checked and sealed drafty windows
- 2.7:** Sealed your ductwork
- 2.8:** Insulated your attic access panel
- 2.9:** Switched to LED bulbs
- 2.10:** Installed thermal curtains or drapes
- 2.11:** Switched to hang-drying clothes
- 2.12:** Conducted an at-home energy audit and resolved any pressing issues found within the past year
- **2.13:** Installed a "smart:"
 - Insulation system
 - Ventilation system
 - Lighting system
 - Thermostat
 - Other: _____
- **2.14:** Installed an Energy-Star-certified:
 - Fridge
 - Furnace
 - Air conditioner
 - Window
 - Other: _____
- **2.15:** Installed an electric:
 - Stove top
 - Water heater
 - Fireplace
 - Furnace
 - Other: _____
- 2.16:** Installed renewable energy generation equipment on-site
- 2.17:** Retrofitted your water-heating system
- 2.18:** Installed a high-efficiency insert in your fireplace
- 2.19:** Completed a miscellaneous energy-saving home retrofit
- 2.20:** Cleaned or replaced your dirty HVAC filters within the past 3 months

- 2.21:** Have an energy-efficient mortgage, or have refinanced your mortgage to be energy-efficient

3: Water Conservation

At-home water conservation habits are another easy way to both preserve your planet and decrease your monthly expenditures. In the United States, about 1.7 trillion gallons of water are wasted every year. This waste contributes to water shortages and droughts, harms wildlife, and consumes excess energy needed to filter that water. Making simple at-home changes can save you hundreds of dollars every year and diminish these environmental impacts.

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- 3.1:** Read through the Environmental Protection Agency's household tips for saving water or completed a course on reducing water usage within the past year
- 3.2:** Switched to turning off the faucet when water is not actively being used
- 3.3:** Conducted an at-home water audit or received a free water audit from the City's Water Conservation coordinator and resolved any pressing issues found within the past year
- 3.4:** Installed a pool cover to limit excess evaporation
- 3.5:** Installed toilets that are WaterSense-certified or placed a jar or plastic container in your toilet water tank
- 3.6:** Installed faucets that are WaterSense-certified
- 3.7:** Installed showerheads that are WaterSense-certified
- 3.8:** Switched to using a dishwasher instead of handwashing
- 3.9:** Installed a greywater system
- 3.10:** Installed rain barrels to collect water
- 3.11:** Switched to outdoor watering systems that are equipped with hose timers, rain sensors, or WaterSense-certified smart controllers

4: Transportation

Transportation is the leading contributor to pollution in Oregon. On the average summer day, cars and trucks produce about 198 tons of smog-forming pollutants in the Portland and Medford regions. In addition, pollution from a poorly-maintained car is about 3 to 4 times that of a properly-functioning car. Making changes to both your habits and your car can save you money and significantly diminish your emissions.

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 4.1:** Completed a course on reducing vehicular fuel emissions within the past year
- 4.2:** Created a plan to walk or bike to places you would typically drive
- 4.3:** Created a plan to carpool to work with a coworker
- 4.4:** Discussed switching to alternative transportation methods, limiting in-office workdays, or partnering with a transportation management association with your employer
- 4.5:** Purchased a public transport pass and/or incorporated public transportation into your trips regularly
- 4.6:** Taken your car in for maintenance and completed efficiency-increasing repairs within the past year
- 4.7:** Switched to a more eco-friendly form of fuel
- 4.8:** Purchased a hybrid or electric car

5: Social Equity

Achieving sustainability is more than just an ecological objective – it's also a social one. A truly sustainable community is equitable in its approach to progress. People of color and low-income individuals, for instance, have been historically underrepresented in sustainability efforts, yet they disproportionately bear the impacts of environmental degradation. By working to promote equity and inclusion, you can contribute to creating a more coordinated and all-encompassing effort toward a sustainable future.

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 5.1:** Checked your property deeds for racially restrictive covenants and had any problematic language removed
- 5.2:** Created a self-education plan
- 5.3:** Watched a minimum of 5 equity-related films, TV shows, or documentaries within the past year
- 5.4:** Read a minimum of 2 equity-related books within the past year
- 5.5:** Listened to a minimum of 5 equity-related educational podcasts within the past year
- 5.6:** Held a conversation about an equity topic you learned about with family or friends within the past 6 months
- 5.7:** Researched and written about a local, state, or federal equity issue in the form of a blog post, online publication, or letter to the editor within the past year
- 5.8:** Attended an equity- or social-service-focused meeting or event within the past 6 months
- 5.9:** Donated to a community organization, nonprofit, or charity that aids a disadvantaged group or groups
- 5.10:** Volunteered with a community organization, nonprofit, or charity that aids a disadvantaged group or groups

6: Ecological Conservation

While many sustainability issues are statewide, nationwide, and even global, there are also steps you can take to preserve the ecosystems in your own backyard. Litter, invasive species, pollution, and other forms of harmful human encroachment can pose grave risks to Lake Oswego's natural habitats. By being a mindful steward of your own backyard, local parks, and other natural spaces, you can help to preserve these ecosystems for the benefit of generations to come.

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 6.1:** Allowed fallen leaves to remain on the ground in your backyard
- 6.2:** Have an in-use bird feeder with feed for native species
- 6.3:** Have an in-use shelter or house for native wildlife
- 6.4:** Conducted a backyard audit within the past 6 months and created a plan to introduce more native and drought-tolerant plants
- 6.5:** Planted a produce, herb, or flower garden with native, pollinator-friendly species
- 6.6:** Participated in Lake Oswego's Backyard Habitat Program
- 6.7:** Switched to using electric landscaping equipment, rakes, or brooms, or have asked your landscaping company to do so
- 6.8:** Switched to eco-friendly cleaning products with an Environmental Working Group, Green Seal, Safer Choice, or EcoLogo certification
- 6.9:** Attended a conservation-focused meeting or event within the past 6 months
- 6.10:** Donated to a conservation-focused community organization, nonprofit, or charity
- 6.11:** Volunteered for an ivy pull or organized one with friends and family within the past 6 months
- 6.12:** Volunteered for a trash cleanup day or organized one with friends and family within the past 6 months
- 6.13:** Volunteered with a conservation-focused organization, nonprofit, or charity
- 6.14:** Researched and written about a local, state, or federal environmental issue in the form of a blog post, online publication, or letter to the editor within the past year

7: Civic Engagement

Civic engagement is the bedrock of our democracy and relies on all residents being involved in politics, especially on a local level. While changing your individual actions is a great way to offset your carbon emissions, electing progress-focused representatives and advocating for pieces of sustainable legislation will exponentially grow your

positive impact on the world around you. The more informed you are about what's going on in Lake Oswego, the better you can express your opinions when it comes time to vote.

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 7.1:** Voted in local elections in the most recent election cycle
- 7.2:** Researched and written about a local, state, or federal issue in the form of a letter to an elected representative
- 7.3:** Attended a neighborhood-focused meeting or event within the past 6 months
- 7.4:** Attended a community-focused meeting or event within the past 6 months
- 7.5:** Attended a city council meeting as a guest within the past 6 months
- 7.6:** Attended a board or commission meeting as a guest within the past 6 months
- 7.7:** Served on or applied to serve on a neighborhood association board, city council, or Lake Oswego board or commission
- 7.8:** Volunteered with a political campaign or cause

8: Emergency Preparedness

Any crisis – whether it's environmental or social – can leave behind lasting damage in a community or ecosystem, especially if that crisis has not been proactively prepared for and effectively addressed. Preparing for the worst (but hoping for the best!) is an effective strategy that will help you to ensure a truly sustainable future for yourself and those around you.

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 8.1:** Reviewed PrepLO's household preparedness tips
- 8.2:** Reviewed PrepLO's archived PowerPoint presentations and handouts
- 8.3:** Assembled a comprehensive emergency kit
- 8.4:** Invested in an eco-friendly generator for your home
- 8.5:** Had your home assessed by a qualified geotechnical professional and resolved any pressing issues found
- 8.6:** Made improvements to reinforce your home against earthquakes
- 8.7:** Made improvements to reinforce your home against fires and smoke incursion
- 8.8:** Attended or facilitated a Map Your Neighborhood event
- 8.9:** Joined your neighborhood emergency preparedness group or started your own through your neighborhood association
- 8.10:** Completed the Lake Oswego Fire Department's Community Emergency Response Team Training Course

The following sections (9-11) are OPTIONAL. You are encouraged to review these sections and adopt whichever items are applicable to your unique situation. Unlike the previous sections, completing 1 item from each of these sections is NOT required, but completing items from these sections WILL count toward your overall total.

9: Construction & Renovation

Lake Oswego is a city that's always building. In many parts of town, you can't go a mile without seeing a construction or renovation project going on. By conducting personal construction projects thoughtfully, you can help limit emissions and material waste (and oftentimes save money in the process).

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 9.1:** Recycled or donated old paints and materials
- 9.2:** Used low-VOC and recycled or mis-tinted paints
- 9.3:** Used sustainable or recycled materials for building and remodeling
- 9.4:** Chose a lighter color or reflective roof when reroofing
- 9.5:** Deconstructed or renovated instead of demolishing

10: Apartments, Multi-Family Homes, & Rented Housing

For people living in apartments, multi-family homes, and other rented housing, getting involved with City sustainability efforts can sometimes feel like a challenge. However, every living situation has its strengths, and being part of a multi-family complex can offer many unique engagement opportunities. By working together with your neighbors, property managers, or landlords, you can make a real difference in how both you and those around you approach sustainability.

Not sure how to accomplish an action? Check the resource page by clicking the section title.

- 10.1:** Joined a community or shared renewable energy program
- 10.2:** Checked that your complex has the appropriate trash and recycling signage posted; if not, worked with your property manager to obtain the appropriate signage from Clackamas County
- 10.3:** Had a conversation with your landlord or property manager about how they can save money by making simple, energy-saving improvements
- 10.4:** Had a conversation with your landlord or property manager about landscapers switching to electric landscaping equipment, rakes, or brooms
- 10.5:** Had a conversation with other households in your complex about how you can collaborate to make sustainable improvements
- 10.6:** Asked for permission to install a programmable smart thermostat, and used one if granted
- 10.7:** Made arrangements to drop off your weekly compost with a household that receives curbside composting services or at a yard debris collection site
- 10.8:** Planted a windowsill herb garden or a potted produce garden

11: Refer a Family Member or Friend

The more people that engage with this program, the more its positive impacts will be amplified. By involving those around you, you can both contribute to reducing Lake Oswego's environmental footprint and build long-lasting community relationships.

- 11.1:** Invited one or more family members or friends to complete this program along with you