

LAUDATO SI' Action Platform (LSAP) Home Inventory from the St. Thomas More Care for Creation Committee

Pope Francis invites us to join him on a 7-year journey to sustainability and “eco-conversion” so that our communities will become committed to being totally sustainable. The charts below are offered as a way to “take stock.” Please review and give thought to those that would be easy to do, but also consider those that would challenge you. How many of those challenges might you be willing to attempt?

ENERGY HINTS	Doing Now	Will Do	Willing To Explore
Turn off your computer, monitor and printer when you finish using them or leave work at end of the day			
Turn off lights in rooms you are not using			
Adjust heat or air conditioning temperature when you are away for a length of time			
Use dishwasher only when full and use on economy cycle			
Run the dishwasher at off-peak times to lessen your costs and demands on the energy grid			
Open curtains to let the sun warm your house in the winter; use blinds to shade your house in summer and keep it cooler			
Dress for the weather; put that sweater on in winter. Lower your thermostat accordingly			
Only heat and cool rooms you are using; close off doors/registers to unoccupied rooms			
Your fridge runs constantly—the most expensive appliance to run. Make sure the door seal is tight			
Have solar? Then run your appliances during the day while power is being generated			
Do a DIY energy audit: notice when lights are on in rooms not in use, or electronics on while not in use. Check your energy usage from month to month with a goal of reducing your overall use			

WATER HINTS	Doing Now	Will Do	Willing To Explore
Use a refillable water bottle instead of purchasing bottles of water			
Only use the dishwasher when fully loaded			
Adjust the water level of your washing machine if doing small loads			
Wash your clothes with cold water			
Turn off water while shaving or brushing your teeth			
Shorten your shower by a minute or two			
Cover garden beds with mulch to reduce water evaporation			
Water your garden in the morning; and apply water only as fast as soil can absorb it			
When waiting for hot water, collect the running water to use for watering plants, cooking or other uses			
Wash your fruits and veggies in a pan of water instead of running water from the tap			
Select the proper pot size for cooking—a large pot requires more water			
Fix water leaks			
Install a water-efficient shower head			

WASTE HINTS	Doing Now	Will Do	Willing To Explore
Refuse to take plastic bags – take your own reusable bags when shopping			
Reduce paper consumption – print on both sides, or don't print at all			
Use recycled copy paper			
Recycle or repurpose unwanted items			
Donate goods to charity or a Freecycle network			
Bring your own sustainable cup when purchasing coffee or other drinks			
Separate recyclables from trash to reduce the amount going to landfills			
Start a countertop compost bin (collection at Ramsey County sites)			
Buy local as much as possible. Shop at coops and local retailers			
Skip the disposable wraps and containers; use beeswax wraps and containers designed to reuse			
Avoid plastic packaging on food and other items. When possible, avoid packaging altogether by purchasing food in bulk.			

(Continued on back)

TRANSPORTATION HINTS	Doing Now	Will Do	Willing To Explore
Reduce the number of car trips – walk, car-pool, ride a bike, use public transportation			
Plan your shopping to minimize trips and miles			
Make your stops on your way home from work rather than a separate trip			
Shop with a nearby friend			
Keep your vehicle well-tuned and maintained. Keep tires properly inflated			
At your next upgrade, move to a more fuel-efficient or an EV (electric vehicle)			
Chart the most efficient routes and avoid peak hour traffic and gridlock			
Don't idle your car			
Use video-conferencing as an alternative to traveling to meetings.			

BUYING/LIFESTYLE HINTS	Doing Now	Will Do	Willing To Explore
Buy only the amount you will need in order to avoid waste			
Buy Energy Star-rated appliances			
Avoid “fast fashion.” Buy clothing that is made and designed to last			
Consider buying pre-owned clothing through a service such as Thread Up or by frequenting thrift or consignment shops			
Consider pre-owned furniture			
Buy for your life – get the house, car and goods that serve your needs but are not wasteful of energy, time or money			
When you buy, choose quality and durability			
Give yourself a waiting period on all purchases – see if you want it after a good night's sleep			
Share with friends and neighbors: books, movies, games, etc.			
Use the library to replenish your reading and viewing options			
Grow your own veggies and herbs			
Bring a lunch – in a reusable container, of course			
Adopt a more plant-based diet and reduce meat consumption			
Give gifts of experiences instead of things			
Join the Ignatian Solidarity Network mini-challenges; use ecoexamen.org (both are online)			
Continue to educate yourself on the Big Picture, for instance avoiding food waste in the first-place vs food rescue, etc.			

INVESTMENT HINTS	Doing Now	Will Do	Willing To Explore
Bank and invest with firms that refuse to finance fossil fuels, and actively support the development of renewable energy			
Invest your time with a local environmental group, land care group, or local climate action group			
Share your knowledge and ideas about sustainable living with others			
Donate to organizations working to address “climate justice” in order to advocate for the poor, the disempowered, and the marginalized in the world			