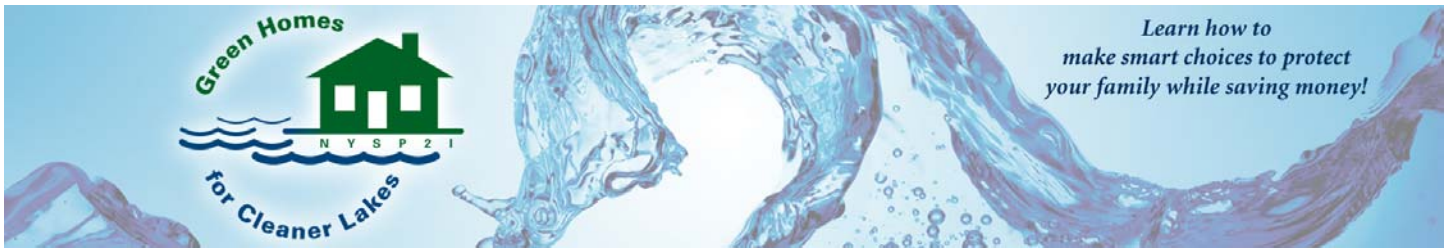


# Measuring Your Home's Footprint

Use the checklist below to identify **good**, **better**, and **best** practices around your home.

| Good   | Better  | Best  |
|--|---|---|
| <b>Cleaning &amp; Maintenance</b>  |   |   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Wear long sleeves and protective gloves when using cleaners.</li> <li><input type="checkbox"/> Follow usage and storage instructions on cleaner labels.</li> <li><input type="checkbox"/> Vacuum your home at least once a week to prevent dust build up.</li> <li><input type="checkbox"/> Dust your home at least once a week with non-toxic cleaners to prevent dust build up.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ventilate areas well while cleaning.</li> <li><input type="checkbox"/> Replace cleaners that are used frequently with non-toxic counterparts.</li> <li><input type="checkbox"/> Avoid cleaners labeled "danger," "poison" or "corrosive."</li> <li><input type="checkbox"/> Wash your hands before eating to prevent ingesting chemicals acquired from touching items.</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Make your own cleaners from less toxic ingredients.</li> <li><input type="checkbox"/> Choose third party certified cleaners, such as EPA's DfE, GreenSeal, and EcoLogo.</li> </ul>  |
| <b>Lighting</b>  |   |   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Minimize excess lighting by installing motion sensors for household lights.</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Install Compact Fluorescent Light bulbs (CFLs) that consume up to 75% less energy and last up to 10 times longer than incandescent bulbs. Handle with care as CFLs contain mercury.</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Install light emitting diodes (LEDs) that consume at least 75% less energy and last up to 15 times longer than incandescent bulbs, and do not contain mercury.</li> <li><input type="checkbox"/> Recycle used CFLs.</li> <li><input type="checkbox"/> Clean up and dispose of broken CFLs correctly.</li> </ul>   |
| <b>Flooring</b>  |   |   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Allow new vinyl flooring and carpet to off-gas before bringing it into your home or ventilate and do not occupy rooms with new flooring for at least three days following installation.</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid coated hardwood flooring sealed using formaldehyde-based chemicals or polyurethane.</li> <li><input type="checkbox"/> Be conscious when purchasing carpet. Choose carpet with non-toxic dyes, that is recyclable, made from recyclable content and sustainable materials, and contains low or no VOCs.</li> <li><input type="checkbox"/> Prevent young children from touching and mouthing items that may contain flame retardants, including remote controls and cell phones.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Choose sustainable materials such as cork or bamboo for hardwood flooring.</li> <li><input type="checkbox"/> Choose carpet that meets the Carpet and Rug Institute's (CRI) Green Label Plus (GLP) requirements.</li> <li><input type="checkbox"/> Recycle your old carpet by contacting the Carpet America Recovery Effort.</li> <li><input type="checkbox"/> Shop flame retardant-free. Purchase electronics from companies that have committed to not using PBDE flame retardants.</li> </ul> |
| <b>Furniture</b>   |   |   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Air out new furniture that contains particleboard or fiberboard in a garage for a week before bringing it into your house.</li> <li><input type="checkbox"/> Ventilate rooms new furniture will be used in and/or avoid spending a lot of time in the room for at least a week.</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Replace foam furniture that has a ripped cover or exposed foam that is breaking down.</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid furniture made with particleboard and fiberboard as they use glue that typically contains formaldehyde.</li> <li><input type="checkbox"/> Choose furniture made of rapidly renewable resources such as bamboo, wool, and organically grown materials.</li> </ul>  |
| <b>Cookware</b>  |   |   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Replace Teflon® coated pans when they become scratched or the coating starts coming off.</li> <li><input type="checkbox"/> Avoid reactive cookware, such as aluminum, ceramic titanium, Teflon® coated pans.</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Replace Teflon® coated pans when they become scratched or the coating starts coming off.</li> <li><input type="checkbox"/> Avoid reactive cookware, such as aluminum, ceramic titanium, Teflon® coated pans.</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Replace Teflon® coated pans when they become scratched or the coating starts coming off.</li> <li><input type="checkbox"/> Avoid reactive cookware, such as aluminum, ceramic titanium, Teflon® coated pans.</li> </ul>   |



## Food Storage

- Hand wash polycarbonate (#7) food and beverage containers and do not use bleach to clean them.
- Make sure microwaved food doesn't come into contact with plastic wrap.
- Replace plastic bottles & containers when they start to degrade.
- Do not allow children to chew on plastic containers.
- Avoid storing hot foods & drinks in polystyrene containers.
- Avoid canned baby formula.
- Limit the amount of canned foods you consume each day.
- Do not use plastic wrap when microwaving high fat content foods.
- Avoid purchasing canned acidic foods
- Purchase food in glass, aseptic boxes or frozen vegetables in plastic bags
- Choose plastic containers labeled "BPA free"
- Replace polycarbonate containers with PETE (#1), PET (#5), or PE (#2 & #4), or stainless steel (some metal containers are lined with epoxy resins, so choose wisely)
- Do not use plastic wrap when microwaving foods.
- Replace polystyrene containers with glass, stainless steel, ceramic, or safer plastics.
- Only purchase "BPA free" labeled canned food.
- Choose powdered baby formula in cardboard boxes.
- Choose fresh foods when possible.

## Bathroom

- Reduce the amount and/or rate of use of personal care products in your lifestyle.
- Allow new PVC (#3) shower curtains to off gas in your garage or outdoors for a week or until the new shower curtain smell dissipates.
- Prioritize and replace personal care products that are absorbed by the skin (ie. lotions, cosmetics) and are frequently used.
- Replace PVC (#3) shower curtains with those made from safer plastics, such as polypropylene, polyethylene, EVA, and PEVA.
- Choose third party certified personal care products.
- Eliminate unnecessary products like perfume & antibacterial products.
- Choose products without harsh chemicals, including fragrance, sulfates, phthalates, and parabens.
- Use reusable fabric shower curtains.

## Pesticides, Fertilizers & Lawn Care

- Avoid blanket applications of pesticides by treating only affected areas.
- Always store pesticides & fertilizers out of children's reach, preferably in a locked cabinet or garden shed.
- Avoid overuse or misapplying fertilizers onto sidewalks and paved areas.
- Apply fertilizers sparingly and in strict accordance with directions.
- Direct downspouts away from paved areas or storm drains.
- Use deicing salts only when and where needed.
- Use low or no phosphorus fertilizer and apply in early autumn for best results.
- Use "slow release" fertilizers.
- Use fertilizers that are not water-soluble to prevent them from washing away in the rain.
- Sweep up litter and debris from driveways and parking lots rather than hosing the material into storm drains.
- Wash your car in a commercial car wash, on the lawn or on another nonpaved surface.
- Adjust your sprinklers to prevent overwatering and ensure sprinkler and hose connections don't leak.
- Maintain or plant natural vegetation and rain gardens in filler areas to create buffer zones.
- Employ nonchemical pest management practices.
- Test your soil before applying fertilizers to see what type of nutrients your soil needs.
- Use "natural organic" fertilizers or compost and other non-toxic alternatives whenever possible.
- Mow your lawn about 3" high and leave grass clippings where they fall as a natural fertilizer.
- Compost or mulch leaves and yard debris.
- Use proper notification signs and notify your neighbors when applying pesticides or herbicides.



New York State Pollution Prevention Institute ♦ Rochester Institute of Technology

111 Lomb Memorial Drive ♦ Rochester, NY 14623-0426  **NYS Pollution Prevention Institute**



Funding provided by the U.S. Environmental Protection Agency Great Lakes Restoration Initiative in the amount of \$104,192 and by the NYS Pollution Prevention Institute through a grant from the NYS Department of Environmental Conservation.