



Sustainable Living at Home: Home Energy Action Challenge

NAME.....

The Home Energy Action Challenge is a guide for you to commit to energy reduction actions that are applicable in your home. The actions range from no cost, simple behaviour changes achievable *NOW*, to actions that require more steps, planning and cost. But importantly, ALL actions lead to reductions in your energy use and greenhouse gas emissions.

Taking the Action Challenge is easy:

1. Read through each section below and identify the actions that relate to your home and lifestyle.
2. Indicate whether you plan to undertake this action in your household (Y/N).
3. Identify what type of action this is for you: **immediate and/or no cost, low cost / short term, longer term** or other actions.
4. For actions that are immediate and no cost, indicate up to 3 actions that can be undertaken before the next SLAHminar. These actions form the basis for your Home Energy Action Plan.
5. Bring your completed Home Energy Action Challenge to the Travel Wise SLAHminar (8 October) to discuss your actions and achievements. For more information on actions visit the SLAH website links, at www.portphillip.vic.gov.au/slah .

Actions	I/We will undertake this action (Yes / No)	Action Type <i>Immediate / No Cost</i> <i>Low Cost / Short Term</i> <i>Longer Term</i> <i>Other</i>	To be completed by (Date)	I/We have achieved this Action (Yes / No)
Heating & Cooling - Spring/Summer				
I will turn off the pilot light on my gas heater during warmer months				
I will use internal blinds and curtains on windows on hot days				
I will shade my windows externally from summer sun				
I will only cool the room/s that I am using				
I will close windows and doors when cooling				
If I use air conditioning, I will set the thermostat at 26°C				
If I use air conditioning, where possible I will clean the filters annually (before use)				



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Heating & Cooling - Autumn/Winter				
I will heat my living areas to less than 18-20°C				
I will only heat the room/s I am using				
I will close internal doors to separate heated from unheated areas of my home				
I will switch off appliances when they are not being used				
I will switch on my electric blanket no more than half an hour before I go to bed and switch off before I am in bed				
I will install draught sealing around a door to a heated area				
I will check for insulation in our ceiling, walls and floors				
I will check the condition of our insulation				
I will install insulation in our ceiling, walls or floors				
I will use existing ceiling fans to circulate heat in heated areas				
I will use my portable electric heater less than 2 hours per day				
I will put weather stripping on my windows and draught excluders on my external doors				
I will wear warmer clothes to suit the season.				
Washing and Drying				
I will wash my clothes in cold water				
I will run the clothes washer only with a full load				
I will hang the washing on a clothes line rather than use a clothes dryer				
I will use my clothes washer only when full and on 'economy' cycle				



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Hot Water				
I will turn my gas hot water down (vacation setting) when I am away for the weekend or longer				
I will set our hot water system thermostat to 60°C (if a storage unit) and 45°C (if instantaneous)				
I will adjust my gas hot water settings to suit the season (cooler in summer, warmer in winter) to stop unnecessary over-heating				
I will insulate the first few metres of piping from our hot water system				
I will install a water(and energy) efficient showerhead				
I will install a solar hot water system				
I will install a 5 star energy rated gas water heater				
Lighting				
I will not use lights unnecessarily				
I will switch off lights when I leave a room				
I will clean light fittings and light reflectors every season				
I will replace an incandescent globe with an energy saving globe.				
I will replace any remaining incandescent globes with energy saving globes.				
I will install timers/sensors for security or outdoor lights				
I will replace our halogen downlighting with more efficient downlights.				



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Kitchen				
I will set my fridge at 4°C				
I will position my fridge away from my oven, sunlight and other heat sources				
I will position my fridge so that air can circulate around and above it				
I will defrost and clean out my fridge/freezer at least every six months to run more efficiently				
I will limit my use of any additional fridges and freezers				
I will switch off additional fridges and freezers when they are not in use				
I will check the door seals on my fridge/freezer and replace if needed (Can they hold a \$5 note in place when door is closed?) <i>NB: This action may result in a cost.</i>				
I will boil the amounts of water that I need and not heat unnecessary water				
When cooking I will use lids on pots to reduce gas/electricity use				
I will use an electric kettle with auto cut off instead of a kettle without cut-off				
Where possible, when I use the oven I will cook several dishes at the same time				
I will get rid of our second fridge.				



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Electronic Equipment				
I will switch all electronic equipment with standby lights or clock displays off at the unit, rather than just using the remote control (e.g. TV, computers, microwaves, stereo, CD player, DVD player, etc)				
Purchasing				
I will purchase portable fans or install ceiling fans to use instead of air conditioning				
I will purchase a fridge with a 5 or 6 star energy rating				
I will purchase a washing machine with 5 or 4 star energy rating				
If I purchase an air conditioner, I will ensure it has a 6 or 5 star energy rating				
I will purchase items that are the lowest energy consumption option				
Other Actions				
I will investigate Renewable Energy or Green Power options for my home				
I will learn how to read my electricity bill				
I will learn how to read my electricity and gas meters				
I will monitor my energy consumption from my bills				
I will talk with members of my home about this Home Energy Action Challenge and encourage their participation in the Actions				



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What other Actions can you commit to undertake?

Actions	I/We will undertake this action (Yes / No)	Action Type Immediate / No Cost Low Cost / Short Term Longer Term Other	To be completed by (Date)	I/We have achieved this Action (Yes / No)
Other Actions				

You have finished the Home Energy Action Challenge.

Please bring your completed Home Energy Action Challenge to the Travel Wise SLAHminar (8 October) to discuss your actions and achievements.

Disclaimer

The Home Energy Action Challenge has been based on the resourceSmart 'Simple and smart ways to save money and energy' from Sustainability Victoria, 2008. The information contained within this document is understood to be correct at the time of printing and is intended to provide guidance to participants of the Sustainable Living At Home Program. Participants should consult other information sources directly regarding the appropriateness of actions with respect to circumstances beyond the control of the program, such as climactic conditions, changes in cost of action, appropriateness of actions in homes, and the installation of products. The City of Port Phillip accepts no liability whatsoever to any person for injury, loss or damage that may arise in connection with any use or reliance on this information.