

## **SOCIAL JUSTICE OPPORTUNITIES**

### **Christian Relief Fund**

P.O. Box 19670  
Amarillo, TX 79114-1670  
Phone: 806.352.5030  
Fax: 806.352.0251  
crfinfo@christianrelieffund.org

### **Durham Affordable Housing Coalition**

400 West Main St., Suite 408  
Durham, NC 27701  
919-683-1185 ext. 24  
anita@dahc.org  
www.dahc.org

### **Habitat for Humanity**

1829 E Franklin St #1200B  
Chapel Hill, NC 27514  
919.932.7077  
info@orangehabitat.org

### **Interfaith Council**

110 W. Main Street  
Carrboro, NC 27510  
929.6380  
admin@ifcmailbox.org  
http://www.ifcweb.org

### **Orange County Rape Crisis Center**

825A North Estes Drive  
Chapel Hill, NC 27514  
968-4647

### **People of Faith**

#### **Against the Death Penalty**

110 W. Main St., Suite 2-G  
Carrboro, NC 27510  
(919) 933-7567 Fax: (919) 933-5611  
info@pfadp.org

### **Real Change from Spare Change**

Chapel Hill Downtown Partnership  
308 West Rosemary Street, Suite 202  
Chapel Hill, NC 27516  
919.967.9440

## **ENVIRONMENTAL OPPORTUNITIES**

### **Audubon Society**

PO Box 2693  
Chapel Hill, NC 27515  
http://www.newhopeaudubon.org/

### **Environment North Carolina**

112 South Blount St., Suite 102  
Raleigh, NC 27601  
919-833-0015  
www.environmentnorthcarolina.org

### **Foundation for a Sustainable Community**

Chapel Hill - Carrboro Chamber of Commerce  
PO Box 2407  
Chapel Hill, NC 27515  
(919) 967-7075 \* Fax (919) 968-6874  
sustainablefoundation.org

### **Interfaith Power and Light**

www.ncipl.org  
nccoafc@nccouncilofchurches.org

### **North Carolina Rail-Trails**

PO Box 61348  
Durham, NC 27715-1348  
www.ncrail-trails.org

### **Recycling Questions**

http://www.co.orange.nc.us/recycling/

### **Sierra Club**

112 S. Blount Street  
Raleigh, NC 27601  
919.833.8467  
info@sierraclub-nc.org

### **Triangle Land Conservancy**

1101 Haynes Street, Suite 205  
Raleigh, NC 27604  
919.833.3662  
www.tlc-nc.org

## Water



- I turn off water when brushing my teeth.
- I catch runoff rainwater using barrels at the downspouts of my house.
- I run only full loads in my washing machine and dishwasher.
- I have installed an efficient showerhead and low flow faucet aerators.
- The next time I buy, I plan on buying only water & energy saving appliances.
- I drink water from a reusable bottle/travel mug rather than using disposable plastic bottles.

Only 14% of disposable plastic bottles are recycled, wasting millions of barrels of oil each year to produce and transport them.

## Transportation



- I plan ahead to combine errands and avoid rush hour traffic.
- I use public transportation, walk, or bike whenever possible.
- I car pool to work, school, **worship!**
- I check my tires regularly because under-inflated tires waste gas.
- I make recreation and vacation choices that use less fossil fuels.
- I avoid aggressive driving. This increases fuel economy and decreases stress and accidents.
- The next time I buy, I plan on buying a fuel efficient vehicle (35 miles per gallon or better).

## Household

- I turn off lights when leaving a room.
- I have switched to compact fluorescent light bulbs, which last 10 times as long and use ¼ the energy.

- I use rechargeable batteries and recycle old batteries.
- I turn off my computer and appliances when not in use.
- I purchase blocks of NC Green Power.

For only \$4.00 extra a month I can add one block of 100 kWh's of clean energy onto the electric grid, replacing 100 kWh's of conventional power.

- I caulk and weather-strip doors and windows, which can increase my house's energy efficiency by as much as 30%.
- I have declared my independence from junk mail (call 1-888-5-OP(OUT)).

1 tree can consume as much as 2000 lbs. of CO2 per year. Acres of rainforests destroyed per year - 5,800.

- I turned down my hot water heater to 120°F or installed a hot water heater timer that turns my unit off at night and when I'm at work.
- I have installed a 3" insulating blanket on hot water heaters older than five years old.
- I wear warmer/cooler clothes rather than adjusting the thermostat.
- I installed a programmable thermostat or have moved my existing thermostat 3°F.

Just by turning the thermostat down three degrees in the winter and up three degrees in the summer, you can prevent the emission of nearly 1,100 pounds of carbon dioxide annually.

## Food

- I recycle aluminum, glass, and plastic.
- I resist the use of throwaway cups, plates, utensils (or I use biodegradable versions).
- I buy organic and locally grown foods, supporting my local economy and reducing packing and shipping waists.
- I have replaced one beef meal a week.

Producing 1lb. of beef requires 16 lbs. of grain, 2,500 gallon of water, and the equivalent of 1 gallon of gasoline.

## Scoring Guide



22-28 You're aware of the issues and are making the Earth a better place to live. Congratulations!



15-21 Environmental action is part of your lifestyle. You're making an impact.



8-14 You realize that your actions make a difference. There's still room to grow.



1-7 Hey, you took the quiz! You're thinking about the environment. Why not try more of the ideas suggested?

## Action:

**As a sign of my commitment to preserving the health of our people and protecting the integrity of North Carolina's ecosystems, I pledge to reduce my energy use by 10% within one year.**

Name \_\_\_\_\_

Address: \_\_\_\_\_

Faith Community/Organization \_\_\_\_\_

Email: \_\_\_\_\_

Phone \_\_\_\_\_

**Thank you!**

**Sign and mail a copy of your pledge to North Carolina Interfaith Power and Light**