

DAVIDSON COUNTY FAMILY ACTION PLAN FOR SUSTAINABILITY



Steps to create your family's sustainability action plan

1. *Understand your family's current level of sustainability using the Carbon Footprint Calculator (Activity 1)*
2. *Review opportunities in sustainable areas important to you and your family (Activity 2)*
3. *Develop a plan to increase your family's sustainability (Activity 3)*

Activity One: Assess current state

- Introduction to concept of Carbon Footprint and key terms. See associated material, [Family Environmental Sustainability Action Plan: Overview](#).
- Find your Family's Carbon Footprint: use [Nature Conservancy Carbon Footprint Calculator](#) and/or [EPA Carbon Footprint Calculator](#)

Activity Two: Choose priorities

- Decide which areas that you and your family would like to become more sustainable – make it a family conversation! Consider your routines related to food, shopping, and transportation.
- Review example opportunities in Chart 1 on the other side of the page and choose areas to focus. Add more to the list!

Activity Three: Develop plan

- Fill in chart 2 on other side of page
- What are the steps you need to work toward the goal?
- What barriers do you expect? How can these be overcome?
- Measure the success of your actions!

Quick Facts

Annual Carbon Footprint Savings

- Water heater blankets lower energy bills by reducing standby heat loss anywhere from 25% to 45%
- Wash 4 out of 5 loads of your laundry in cold water and you could cut out 864 pounds of CO2 emissions in a year.
- Using a dishwasher instead of hand washing dishes saves ~5000 gallons of water per year
- Changing 5 incandescent bulbs to LED bulbs saves 0.3 tons of CO2
- Bike 20 miles/week instead of driving saves 0.5 tons of CO2

Suggested Resources

[USEPA: What you can do at home to reduce GHG emissions](#)

[Nashville Recycling Game](#)

[Nashville SOCKET tips](#)

[Nashville Trash & Recycling](#)

[NES: Energy Saving Tips](#)

[TDEC: Sustainability and Resilience at Home](#)

[Energy Star: Energy Savings at Home](#)

[Energy Star: Home Energy Yardstick](#)

[Turnip Green Creative Reuse](#) - East Nashville

[Sage Refill Market](#) - 12 South

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Chart 1 – Opportunities & Priorities

Activity	How is change made?	Status		Location	
		On-going	Plan to do	Work/ School	Home/ Leisure
Daily driving	Walk or bike to school and work! Carpool! Plan ahead, reduce trips, avoid drive thrus and idling				
Reduce energy use	Change to LED lightbulbs, turn off lights when not in room, Put a blanket on your water heater, limit hot water use for bathing and washing dishes and clothes, adjust thermostat (no lower than 78 in summer, no higher than 68 in winter)				
Conserve water	Limit showers to 10 minutes, avoid using bottled water				
Reduce waste	Reduce food waste, recycle plastic, cardboard, paper and metal cans, avoid eating out, use reusable water bottles				

Chart 2 – Action Steps

Plan action item	Family Member Name 'owner'	Approach and anticipated barriers	Target Date	Progress Notes	Completion Date
<i>NES home energy audit</i>	<i>Mom</i>	<i>Schedule phone appointment by calling 1-855-237-2673 or sign up online at https://energyright.com/residential/</i>			
<i>Plan walking route to school</i>		<i>Practice route on the weekend. Look for low traffic, flat roads.</i>			
<i>Plan a weekly menu</i>		<i>Having necessary groceries limits need to make another trip to store or eat out</i>			
<i>Plant a tree!</i>					