

# Healthy Homes – Healthy Environment



co<sub>2</sub>nscious™

## Decode the Labels



Energy Star labels meet strict energy efficient guidelines set by the EPA and the US Department of Energy. Energy efficient choices can save families about a third on their energy bill with similar savings of CO<sub>2</sub> emissions, without sacrificing features, style or comfort.



Forest Stewardship Council labels provide a credible link between responsible production and consumption of forest products. This label enables consumers to make purchasing behaviors that benefit the environment.



LEED has become the nationally accepted benchmark for the design, construction and operation of high-performance green buildings. LEED has several levels within the rating systems and achieving a certain level depends on the sustainability of the building.



Build It Green's mission is to promote healthy, energy and resource-efficient building practices in California. Build It Green developed GreenPoint Rated which is used for evaluating the sustainability of single family, small multi family and remodel projects.

## Incentives for green home improvements

- ❖ The City of San Mateo's Home Energy and Repair Loan Program offers 3% interest loans for energy upgrades and restorations for income-qualified home owners.  
Visit: [www.cityofsanmateo.org/rehabloan](http://www.cityofsanmateo.org/rehabloan)
- ❖ Pacific Gas & Electric Co. offers rebates on hundreds of energy efficient products.  
Visit: [www.pge.com/myhome](http://www.pge.com/myhome)
- ❖ Federal tax credits are available for energy efficiency products, as well as state incentives for renewable energy.  
Visit: [www.energystar.gov](http://www.energystar.gov) & [www.dsireusa.org](http://www.dsireusa.org)



## Mandatory Green Building Program



The City of San Mateo adopted a voluntary green building program in June 2008 and on **January 1<sup>st</sup>, 2010 this program will become mandatory.**

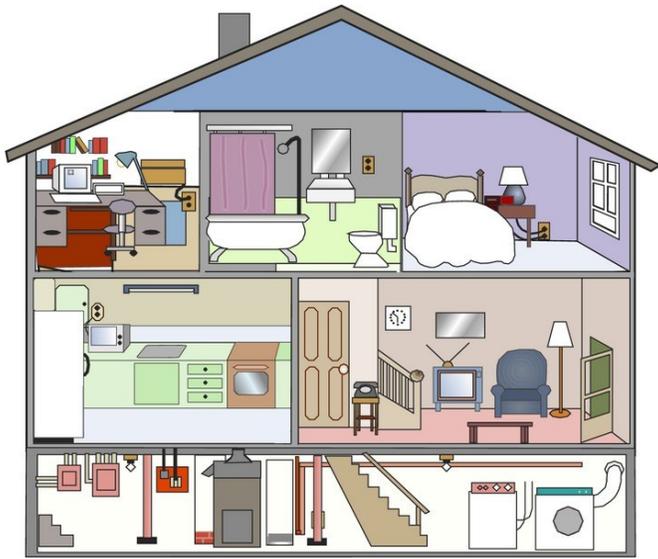
The purpose of this ordinance is to conserve natural resources and reduce greenhouse gas emissions, as well as to promote the health and productivity of residents, workers, and visitors to the city.

The ordinance requires green verification by the city but certification, either by US Green Building Council or Build It Green, would be optional.

### Exemptions?

- ❖ Homeowners who construct additions valued at less than \$100,000.
- ❖ Tenant improvements to properties of less than 10,000 ft<sup>2</sup>.

**For more information, visit:**  
**[www.cityofsanmateo.org/greenbuilding](http://www.cityofsanmateo.org/greenbuilding)**



# SMART Ways to Reduce Your CO<sub>2</sub> Impact at Home

*Saving energy means saving money!*

## Attic

- ❖ One of the most cost-effective ways to make your home more comfortable year round is to add insulation to your attic
- ❖ Insulation muffles sound! Another great reason to insulate your home!
- ❖ *Insulating your walls and ceilings can save 25% of your home heating bill and 2,000 lbs of CO<sub>2</sub> a year.*

## Home Office

- ❖ Purchase office materials made out of post-consumer waste.
- ❖ Place a paper recycling bin next to your desk.
- ❖ Turn off your computer and save money and electricity while increasing the computer's lifespan!
- ❖ *One computer left on 24 hours a day will cost \$115 - \$160 in electricity costs a year and dump 1,500 lbs of CO<sub>2</sub> into the atmosphere. (Tufts Climate Initiative)*

## Bathroom

- ❖ Replace your old faucets with low-flow aerator.
- ❖ Don't run the water while brushing your teeth or washing your face.
- ❖ Take shorter showers. Cutting your shower by 1 to 2 minutes can save 700 gallons of water a month!
- ❖ *Install a low-flow showerhead and reduce 350 lbs of CO<sub>2</sub> a year!*

## Bedroom

- ❖ Make sure to turn off the lights when leaving the bedroom.
- ❖ Open drapes on sunny days to help warm the room, and make sure the drapes are closed at night to keep the warm air in.
- ❖ *Switch to compact fluorescent light bulbs and reduce CO<sub>2</sub> by up to 1,300 pounds a year!*

## Kitchen

- ❖ Don't keep your refrigerator door open any longer than you need to.
- ❖ Washing a load of dishes in the dishwasher uses 10 gallons of water, compared to washing the same amount of dishes by hand uses 16 gallons.
- ❖ Don't waste paper! Reuse cloth kitchen towels instead of paper towels.
- ❖ *Wash only FULL loads in a dishwasher and save 100 lbs of CO<sub>2</sub> a year!*

## Living Room

- ❖ Unplug electronics when not in use. Purchase a power strip to shut off several electronics at once.
- ❖ Weatherstrip around doors and windows and reduce heating and cooling bills by up to 40%.
- ❖ *Move your thermostat down 2° in the winter and up 2° in the summer and save 2,000 lbs of CO<sub>2</sub> a year!*

## Basement

- ❖ Clean a dirty filter furnace and cut heating costs up to 5%.
- ❖ Clean the lint filter after every drying cycle. Your dryer won't have to exert as much energy to dry your clothes.
- ❖ Wash a FULL load of laundry in COLD water. *Washing half your laundry in cold water will cut 140 lbs of CO<sub>2</sub> per year*
- ❖

CO<sub>2</sub> savings extracted from [climatecrisis.net](http://climatecrisis.net)



**To learn more about the SMART program visit: [www.cityofsanmateo.org/SMART](http://www.cityofsanmateo.org/SMART)**