

2019 Laudato Si'
Sustainability Pilot Program
Workshop – July 24, 2019

Selection of Best Operational Practices



ArchIndy
Creation Care
Commission

HOW CAN WE HELP OUR PLANET?

To be as environmentally friendly as possible, we have to do as much as we can. Here we provide ideas for what we can do in our parishes, schools or even in our homes, from small daily changes to large investments.

These ideas are divided into easy, moderate and advanced. The more ideas we implement, the more environmentally friendly we will be. Let's try our best to be the best!

EASY

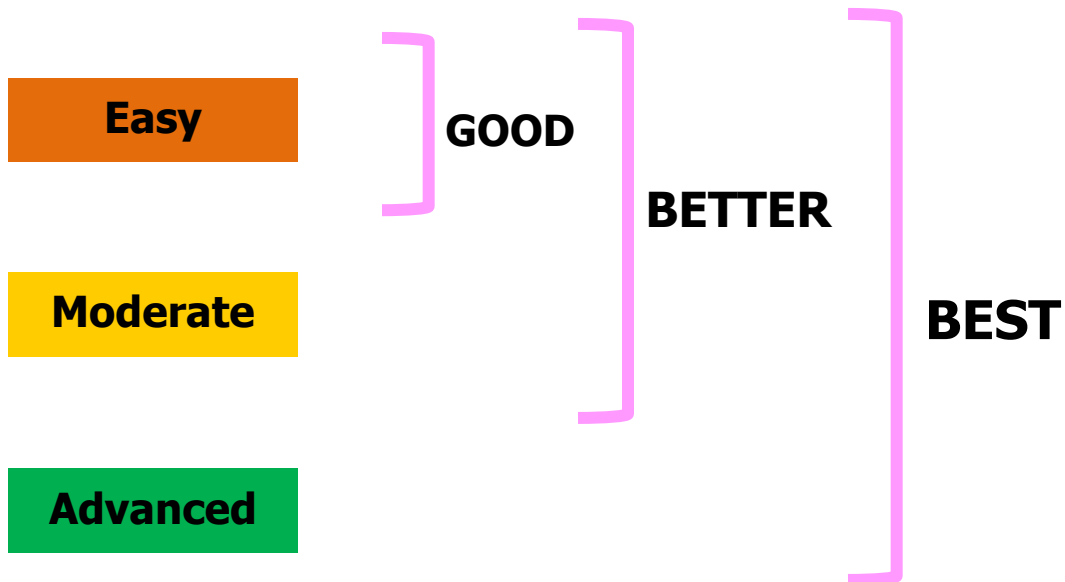
Relatively easy or low effort, low cost, quick implementation.

MODERATE

Moderate effort, moderate cost, moderate implementation level.

ADVANCE

Significant effort, higher cost, more complex and long-term to implement.



School

EASY

- ✓ School Recycling Programs;
- ✓ Walk, bike and carpool to school;
- ✓ Shared library.

MODERATE

- ✓ Offer Sunday school field trips;
- ✓ Incorporate environmental lessons into Sunday School classes;
- ✓ Schedule field trips to outdoor environmental centers;
- ✓ Plant a class tree.

ADVANCED

- ✓ Create a schoolyard habitat;
- ✓ Celebrate St. Francis Day or the Earth Day;
- ✓ Cultivate a school garden;
- ✓ "Free to a good home".

Energy

EASY

- ✓ Use task lighting when possible;
- ✓ Rely on fans instead of air conditioners;
- ✓ Open windows to rely on natural cooling;
- ✓ Turn off fridges when not needed;
- ✓ Replace appliances with Energy Star certified options when yours go out;
- ✓ Program your thermostat for average temperature;
- ✓ Activate low-power mode on all printers, scanners, fax machines, etc.;
- ✓ Smart power strips for office spaces;
- ✓ Consolidate stand-alone office equipment;
- ✓ Keep exterior doors closed when using HVAC system;
- ✓ Maximize daylight;
- ✓ Regularly check maintenance equipment.

MODERATE

- ✓ Switch lighting to LED bulbs;
- ✓ Install LED exit signs;
- ✓ Weather stripping;
- ✓ Install motion sensor light;
- ✓ "Cool roof" paint or white/reflective paints;
- ✓ Film or shade screens on the windows;
- ✓ Switch from metal halide lamps to LED options in parking lots/gyms;
- ✓ Install daylight-responsive lighting controls.

ADVANCED

- ✓ Audit and track energy use;
- ✓ Replace single-pane windows with double-pane windows;
- ✓ Add storm windows;
- ✓ Plant trees as a natural way to cool your building;
- ✓ Conduct a night-time audit to see what's on after-hours;
- ✓ Repair any leaks or cracks;
- ✓ Rooftop solar or other renewable energy options;
- ✓ Improve insulation;

Waste

EASY

- ✓ Place recycling bins by every desk, put trash cans in a central location farther away from desks;
- ✓ Standardized signage for waste/recycling bins;
- ✓ Buy recycled materials;
- ✓ Minimize the number of non-recyclable trash cans present in the facility;
- ✓ Set all printers to double-sided as the standard;

MODERATE

- ✓ Give a short recycling presentation at staff meetings before the new school calendar year;
- ✓ Make activities with the students;
- ✓ Invest in reusable utensils for cafeteria and events within the church or school;
- ✓ Develop parish festival waste management plan to include recycling/reuse.;
- ✓ Donate extra food to food pantries;
- ✓ Dispose of chemicals and electronics properly (f.e. tox drop).
- ✓ Register your parish/school with "Warpit";
- ✓ "Free to a good home"

ADVANCED

- ✓ Set up a parish recycling program.

Transport

EASY

- ✓ Plan trips using less fuel;
- ✓ Reduce travels using electronic communication;
- ✓ Ride a bike or walk in small distances;
- ✓ Do things close to your home or parish;
- ✓ Take a bus (public transportation);
- ✓ Create a group on WhatsApp or Facebook with parishioners and relatives of the students to talk about carpool.

MODERATE

- ✓ Promote a group ride to encourage (by byke);
- ✓ Buy local food and other local products;
- ✓ Provide premium parking for electric cars.

ADVANCED

- ✓ Buy an electric or hybrid vehicle;
- ✓ Install electric car charging stations.

Water

EASY

- ✓ Take shorter showers;
- ✓ Try to use the washing machine less frequently;
- ✓ Turn off the water while brushing your teeth or washing dishes;
- ✓ Use a dishwasher and washing machine only when full;
- ✓ Take less frequent showers;
- ✓ Use less water when washing your car;
- ✓ Water the grass in the night time to preserve more water from evaporation.

MODERATE

- ✓ Save rainwater in rain barrels for water the garden, washing the car, etc;
- ✓ Grow plants that don't need a lot of water;
- ✓ Use "green" cleaning products (phosphate-free).

ADVANCED

- ✓ Install low-flow faucet aerators and showerheads;
- ✓ Check and repair leaks;
- ✓ Put faucets with sensor.

Food

EASY

- ✓ Use recipes for reuse food (extra food);
- ✓ Use cloth bags;
- ✓ Buy locally grown food.
- ✓ DON'T WASTE FOOD!

MODERATE

- ✓ Buy organic and naturally-grown food;
- ✓ Use less food that is bad for the environment (less meat, more plant-based meals).

ADVANCED

- ✓ Grow some food (in your own garden or start a community garden).

Sustainable Landscapes

EASY

- ✓ Plant inside pet bottles and tires;
- ✓ Plant trees to have shade.

MODERATE

- ✓ Plant native plants;
- ✓ Make a compost;
- ✓ Plant for pollinators.

ADVANCED

- ✓ Community garden;
- ✓ Create a wildlife habitat;
- ✓ Make a community vegetable garden;
- ✓ Rain Garden (keep from flooding).

Political Action

EASY

- ✓ Become informed about environmental issues

MODERATE

- ✓ Encourage parishioners to lobby their elected representatives
- ✓ Support products and businesses that are ethical and sustainable
- ✓ Support candidates who support the environment
- ✓ Join or support an environmental group

ADVANCED

- ✓ Get involved in environmental projects

Spread the word

- ✓ Form "Green Teams";
- ✓ Bring expert speakers;
- ✓ Speak from the pulpit;
- ✓ Create or expand your library;
- ✓ Broaden school curricula;
- ✓ Make Special masses and prayers.

Assisting Climate Vulnerable Populations

- ✓ Know and Communicate which parts of your community are most vulnerable to flooding and storm damage;
- ✓ Provide temporary "cold/hot refuges" at churches and schools;
- ✓ Collaborate with local farmers to provide refuges for farm workers during heat waves;
- ✓ Be aware of the homeless people of your neighborhood.