20 STEPS to sustainability by 2020
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1. WEATHERIZE your home

- Call your energy provider for a free energy efficiency evaluation.
- Set up a weatherization appointment with an organization listed below to reduce air infiltration and make efficiency improvements in your house. A typical home weatherization includes installations such as a water heater insulation blanket, water pipe insulation, and switching to energy saving faucet aerators, shower heads, and light bulbs.

2. UPDATE your home with green renovations and installations

- Install solar water heating. Solar water heating systems can generally provide half of the water heating needs of a family, and a secondary electric or gas water heater supplies the rest. Installing a solar water heater costs approximately $1,000, but cuts the average monthly water heating bill by 50-80%, usually leading to payback within two years and subsequent savings of $50 or more per month.
- Install geothermal heating and cooling. Geothermal heating and cooling pumps use the earth’s constant temperature of 55˚F below the frost line to heat homes and provide hot water. Geothermal loops usually reduce heating bills by 30-50%, equaling a payback period of two to seven years. Geothermal is most easily installed during new construction (for $1-3,000 per ton), and contractors and builders can advise homeowners on the specific layout.
- Install personal solar panels or a wind turbine. Solar panel cost and design is individualized, contact a consultant to assess the best system for your home. A wind turbine costs between $15,000 and $17,000 to install and can provide half the power an average home uses.
- Consult your energy provider or an organization that provides weatherization services or energy evaluations about updating windows and doors to meet energy star or other energy efficiency standards.

RESOURCES

Green Iowa Americorps
(319)-297-3581
http://www.greeniowaamericorps.org/#!services/vstc15=energy-assistance

Hawkeye Area Community Action Program
(319)-393-7811
*Eligibility: low-income households, fixed incomes

Iowa Energy Core
(319)-242-2891
http://www.energycoreonline.com/energy-saving-tips.html

MidAmerican Energy Home Check
(800)-545-0762

RESOURCES

Energy Consultants Group, LLC
9635 230th Ave, Anamosa, Iowa | (319)-462-5600
http://ecgllp.com/

Natural Solutions, LLC
3715 Briarwood, Cedar Falls, Iowa | (319)-277-7842
www.naturalsolutions-skylights.com
Mike@NaturalSolutions-skylights.com

The Root Cellar
1712 9th St. NW, Clinton, Iowa |(563)-590-8566
3. **ADJUST** your **heating and cooling habits**

- Buy and use a programmable thermostat that can be set to any schedule you desire, raising the temperature when you are at home and lowering when you are away and during the night.
- Raise the programmed temperature of the air-conditioning to 78 degrees or higher in the summer or turn it off completely and use fans instead.
- Turn down your heater to 68 degrees or lower in the winter, and supplement heating with warm clothing and blankets. Make sure your radiator is unblocked by furniture and clean of dust. Use space heaters to heat only select rooms and turn off heating throughout the rest of your home.
- Use kitchen and bathroom exhaust fans only when necessary.

4. **INCORPORATE** **energy efficient fixtures in your home**

- Buy new or replace old appliances such as clothing washers and dryers, dishwashers, and refrigerators with Energy Star appliances, which meet EPA standards for energy efficiency and greenhouse gas emissions reduction. An Energy Star refrigerator can save up to $200 in energy costs per year. Energy Star appliances are typically more expensive, but the federal government authorized a tax credit in 2011 for 10% of the cost of the appliance (not exceeding $500).
- Install low flow showerheads and aerators on kitchen and bathroom sink faucets with flow rates of 1.5 gpm.
- Minimize use and maximize efficiency of your appliances. Only run full loads of laundry or dishes. Do not prewash dishes, it is proven to have no impact on their cleanliness. Consider drying clothes by clothesline in the warmer months.

**RESOURCES**

Programmable thermostats and space heaters are available at home improvement stores such as Lowes, Menards, Ace Hardware, Home Depot, etc.

**RESOURCES**

Energy Star appliances are available at stores such as Sears, Kmart, Best Buy, etc. CFL light bulbs are available at most grocery, home improvement, and supermarket stores.
5. **Monitor your electronics use**

- Invest in a power strip and plug all your bundled electronics into it. Turn the power strip off and unplug it at night and when you’re away.

- Avoid phantom energy. Appliances like cell phone chargers, televisions, and computer monitors can use power even when they are not in use. Be sure not to leave cords plugged in when appliances aren’t charging and unplug your electronics when they are finished charging.

- Enable power management features on your computer(s). Simple steps such as switching to sleep mode instead of using screen savers can save $25-$75 annually per computer in energy costs.

- Buy Energy Star certified laptops, home computers, printers, televisions, etc. On average, they use 1/3 less energy. Energy Star tax credits apply.

6. **Recycle**

- If curbside recycling is available, create two sort piles - one for fiber and paper, the other for plastics and metal cans - and recycle all newspapers, magazines and catalogs, cardboard, chipboard, mixed paper, plastic bottles/jugs, and cans.

- If you don’t have access to curbside recycling, bring your recyclables to one of the drop-off sites listed below.

- Eliminate e-waste by bringing your computers, monitors, keyboards, printers, TVs, stereos, copiers, cables, networking hardware, and other small electronic items to the Iowa City Landfill for recycling. Alkaline batteries create hazardous waste and no recycling centers in Iowa City currently accept them, so use rechargeable batteries when possible and recycle them at the landfill.

**RESOURCES**

**City Carton Recycling, Inc.**
3 E. Benton, Iowa City
Newspaper/mixed paper/cardboard, chipboard Glass (clear, brown and green) #1-#7 plastics Telephone books Magazines

**East Side Recycling Center**
2401 Scott Blvd. SE, Iowa City
Newspaper/mixed paper/magazines Cardboard Glass (clear, brown and green), #1-#7 plastics Metal/tin cans

**Eastdale Plaza**
1st Ave. & Lower Muscatine, Iowa City
Newspaper/mixed paper/magazines #1-#7 plastics

**Hy-Vee**
1201 N. Dodge, Iowa City
Newspaper/mixed paper/magazines Cardboard Glass (clear, brown and green) #1-#7 plastics, Metal/tin cans
*5 cent refund for every recycled item

**Hy-Vee Drugstore**
301 N. 1st Avenue, Iowa City
Newspaper/mixed paper/magazines Cardboard #1-#7 plastics
*5 cent refund for every recycled item

**Iowa City Landfill & Recycling Center**
3900 Hebl Avenue SW, Iowa City
Newspaper/mixed paper/magazines Cardboard Glass (clear, brown and green) #1-#7 plastics, Scrap metal
7. COMPOST

- Buy or make a compost bin to start home composting of food waste and other biodegradable materials. Composting facilitates the natural biodegrading of organic materials like kitchen scraps (coffee grounds, fruit cores and rinds, vegetable stems, etc.). Compost adds nutrients to the soil and can be used in vegetable gardens, flowerbeds, lawns, and seed starting mix.

- Check out the Iowa City Landfill and Recycling Center’s website for an in-depth guide to composting or register for a composting workshop offered by New Pioneer Co-Op.

- Try vermacomposting if yard space is a concern. Vermacompost operations use red wriggler worms to break down organic matter more quickly inside the bin and can be done inside.

8. REPURPOSE your old items

- Think of ways to use old objects to meet your new needs. Ideas may include using scrap material to make crafts and coffee cans as storage containers.

- Browse the websites below and talk to family and friends for inspiration.

RESOURCES

Iowa City Landfill and Recycling Center
3900 Hebl Avenue SW, Iowa City
www.icgov.org/landfill

New Pioneer Food Co-op
(319)-338-9441
http://newpi.coop.dnnmax.com/

http://www.liverenewed.com/2011/05/organizing-reused-items.html
9. **REDUCE your consumption**

- Invest in reusable products like Tupperware, water bottles, coffee mugs, and shopping bags. Replace paper towels and napkins with reusable cloth.
- Eliminate junk mail by removing yourself from excess mailing lists. Visit directmail.com and register to remove your name from unwanted commercial mailing lists.
- Create and use an organized list for grocery and other shopping to avoid impulsive or excessive purchases. Buy in bulk to avoid excess packaging.
- Try carrying all the trash you produce with you for a day, or storing it for a week to evaluate the waste you produce and how necessary it is.

10. **BUY green materials**

- Use biodegradable dishware and cutlery when hosting events or using catering services.
- If you are building or renovating your home, use green building and design materials such as reclaimed wood, bamboo, linoleum, or recycled countertops. Purchase furniture that is secondhand or made with sustainable materials such as renewable wood.
- Use alternative cleaning supplies that you can make for yourself. Try out these solutions and more:
  1) All Purpose Household Cleaner: 1 quart warm water, 1 tsp. liquid soap, 1 tsp. borax, squeeze of lemon/splash of vinegar
  2) Floor Cleaner: wood floors- damp mop w/ mild vegetable oil soap, vinyl floors- 1/2 cup vinegar or 1/4 cup borax with 1 gallon of water. Polish with club soda
  3) Disinfectant: use 1/2 cup borax in 1 gallon hot water. To inhibit mold and mildew, do not rinse off borax solution

**RESOURCES**

*Habitat for Humanity ReStore*
2401 Scott Blvd SE, Iowa City, IA
(319)338-5687
http://iowavalleyhabitat.org/pages/habitat-restore.php

*The Johnson County Waste Reduction and Recycling Guide*
www.icgov.org/landfill
11. **BUY RECYCLED**

- Buy and donate clothing and housewares to local secondhand stores.
- Purchase items that have high post-consumer recycled content such as recycled paper towels, Kleenex, bathroom tissue, pencils, and notebook paper.

12. **USE LESS water**

- Shorten your shower by 2 minutes and turn off the water while shaving your legs, waiting for your conditioner to set in, or washing your skin. Limit showers to a maximum of once a day, and if your personal needs permit, shower even less frequently.
- Avoid watering your lawn at all or water during non-daylight hours before 7 a.m. or after 9 p.m.
- Check your toilets for leaks every 6 months by using drops of food coloring or leak detecting tablets.
- Understand your water bill and review it monthly for indications of leaks or other problems. In most cases, spikes are caused by: leaking faucet, malfunctioning water softener, furnace humidifier, icemaker, or toilet. Call the Iowa City Water Department for a free water walk-through if you notice any unusual increase in your water bill or if you need suggestions on how to improve the efficiency of your water use.

### RESOURCES

- **Artifacts**
  331 Market Street
  Iowa City, IA

- **Crowded Closet**
  1213 Gilbert Court
  Iowa City, IA

- **Four Seasons**
  1022 Gilbert Court
  Iowa City, IA

- **Goodwill Iowa City**
  985 Hwy. 6 East
  Iowa City, IA

- **Houseworks**
  1800 Stevens Dr
  Iowa City, IA

- **Kidworks**
  111 Stevens Dr
  Iowa City, IA

- **Potentially Yours**
  1705 S. 1st Ave
  Iowa City, IA

- **Revival**
  117 E College Street
  Iowa City, IA

- **Salvage Barn**
  2401 Scott Blvd
  Iowa City, IA

- **Savvy Boutique**
  320 E. Benton
  Iowa City, IA

- **Second Act**
  538 Olympic Court
  Iowa City, IA

- **Stuff Etc Iowa City**
  1027 Hwy 6 E
  Iowa City, IA

- **Uptown Bill’s Vintage Shoppe**
  2203 F Street
  Iowa City, IA

### RESOURCES

- **Iowa City Water Treatment, Distribution, and Customer Service**
  80 Stephen Atkins Drive,
  Iowa City, IA 52245
  (319) 356-5164
Buy organic foods, when possible. See the resources below for a list of grocery stores that offer organic products. Most important foods to buy organic include: peaches, apples, bell peppers, strawberries, cherries, lettuce, carrots, and potatoes due to easy absorption of pesticides.

Buy local foods. Look for food labeled as local at the New Pioneer Co-op or specialty signs advertising local products at other grocery stores. Do some or all of your grocery shopping at the Iowa City Farmer’s Market, which runs from May 2 - October 31 on Wednesday nights from 5 - 7 p.m. and Saturday mornings from 7:30 a.m. - 12 p.m. Subscribe to a share of a local CSA (community supported agriculture) to support local farmers.

Frequent restaurants that use local and sustainably-grown ingredients. See the resources below for a list of local restaurants.

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**RESOURCES**

**Grocery Stores:**

*Hy-Vee Food Stores*
812 South First Ave,
Iowa City | (319) 338-9758
1720 Waterfront Drive,
Iowa City | (319) 354-7601
1201 North Dodge Street,
Iowa City | (319) 354-9223
1914 8th Street, Coralville
(319) 351-5523

*Iowa City Farmer’s Market*
Chauncey Swan Ramp on
East Washington St. across
from City Hall

*New Pioneer Co-op*
22 S. Van Buren Street,
Iowa City | (319) 338-9441
1101 2nd Street,
Coralville | (319) 358-5513

**Restaurants:**

*Atlas*
127 Iowa Ave., Iowa City
(319) 341-7700

*Devolay*
117 N. Linn St., Iowa City
(319) 354-1001

*El Banditos*
327 E. Market St., Iowa City
(319) 358-2836

*Givanni’s*
109 East College St., Iowa City
(319) 338-5967

*Leaf Kitchen*
301 1/2 Kirkwood Ave.,
Iowa City | (319) 339-1742

**Restaurants (continued):**

*Motley Cow Café*
160 N. Linn St., Iowa City
(319) 688-9177

*Oasis*
206 N. Linn St., Iowa City
(319) 358-7342

*One Twenty Six & Hearth, Moonrakers*
126 E. Washington St.,
Iowa City | (319) 887-1909

*Orchard Green Restaurant and Lounge*
521 S. Gilbert St., Iowa City
(319) 354-1642

*Share*
210 South Dubuque St,
Iowa City | (319) 354-4640

*The Wedge*
136 S. Dubuque St., Iowa City
(319) 351-9400
517 S. Riverside Dr., Iowa City
(319) 337-6677

*Trumpet Blossom*
310 E. Prentiss St, Iowa City
(319) 248-0077

*Vesta*
849 Quarry Road, Suite 100
Coralville | (319) 398-3782

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**RESOURCES**

*Gerard Electric, Inc.*
1807 Stevens Drive,
Iowa City, IA
(319) 337-6434

*Light Expressions by Shaw*
1100 5th St # 100,
Coralville, IA
(319) 358-8311

*Kitchen & Bath Distributing*
5 Sturgis Corner Dr. Suite 2500
Iowa City, IA
(319) 337-3374

*Lowe’s*
2701 2nd St,
Coralville, IA
15. Grow your own sustainable food

- Grow your own vegetables. If you are a budding gardener, start with potted plants like tomato, basil, a windowsill salad bar, etc. and expand to a small plot near your house if time, energy, and space permit.
- If you don’t have yard space, contact the community garden nearest you (listed below) about buying a plot. If that seems unmanageable, consider teaming up on one plot with neighbors or friends.
- Take gardening classes through the New Pioneer Co-op, Iowa City Landscaping, Backyard Abundance, or another local class.

16. Modify your eating habits

- Eat meat responsibly. Treat meat as a side dish most days and try cutting it out of your diet one day a week. When you do eat meat, choose pasture-fed, organic, and/or local products. It takes an estimate 40 calories of fossil fuel to produce one calorie of industrially-produced meat. As a result, meat production is responsible for 1/5 of all greenhouse gases emitted by humans.

  Cook with whole ingredients and fresh produce when possible. Processed and packaged foods require more fossil fuels to manufacture and transport, making fresh ingredients are healthier for the earth and you. For help handling the local harvest, sign up for cooking, preserving, and other food skills classes at the New Pioneer Co-op or invest in a local foods or fresh produce centered cookbook.

RESOURCES

**Iowa City Community Garden**
2400 Taylor Drive, Iowa City, IA
Located in Wetherby Park
$16 per 10’ by 50’ plot
(registration at the Robert A. Lee Community Recreation Center)

**Iowa City Landscaping and Gardening Center**
520 Highway 1 West Iowa City, IA
(319) 337-8351

**Grant Wood Community Garden**
2500 Miami Drive Iowa City, IA
Located in Fair Meadows Park
Contact Alicia Trimble at 319.331.5113 or aliciamtrimble@yahoo.com.

**Miller Orchard Community Garden**
815 Orchard St., Iowa City, IA

**Seed Saver’s Exchange**
3094 North Winn Road, Decorah, Iowa 52101
(563) 382-5990

**A Cook’s Journey: Slow Food in the Heartland**
Kurt Michael Friese, owner of Devotay

**Meatless Mondays campaign**
Meatlessmonday.com
17. RIDEx your bike

- Start by bike commuting to work, school, or to do errands once a week and increase distance and frequency as you feel comfortable. For more information about local bike routes, classes, and upcoming events visit thinkbicycles.org or pick up an Iowa City Metro Area Trails Map at the Robert A. Lee Recreational Center, The Iowa City Public Library, the City Hall, or any of the local bike shops listed below.

- Buy or update your bike at one of the local bike shops below. The Bike Library offers rental bikes, allowing customers to borrow a bike for up to 6 months, offering full refund of the $5-150 deposit if the bike is returned in the time frame. The Bike Library also offers access to bike tools for $5 an hour. Other local bike shops provide bike repair and tune-up services. Invest in bike commuter gear like a basket or saddle bags, bike lights, and reflective attachments or gear.

- The League of American Bicyclists ranked Iowa City a bronze-level Bicycle-friendly Community. Gain comfort bike commuting by signing up for a workshop to learn the rules of the road, find a more efficient bike route, or gain basic knowledge of bike mechanics through Bike Library, BIC, or other local events.

18. USE alternative transportation

- Take the bus instead of driving. For more information about bus routes and schedules visit the Iowa City transit website (listed below) or pick up a guide at the City Hall, the Iowa City Public Library, the IMU Campus Information Center, or any Iowa City public transit bus. Consider taking a Greyhound bus to travel longer distances.

- Walk to destinations within 2-3 miles of your starting point. Walking helps lower harmful cholesterol and blood pressure, reduces risk of type II diabetes by 60%, and helps manage your weight and improve your mood.

RESOURCES

**University of Iowa Cambus Service**
http://www.uiowa.edu/cambus/

**Greyhound Bus Station**
170 E Court St Iowa City, IA 52240-4110
(319) 337-2127 | www.greyhound.com

**Iowa City Bus Schedules**
www.icgov.org/transit

**RESOURCES**

*30th Century Bike*
310 E Prentiss St Unit C
Iowa City | (319) 248-1288

*Bicyclists of Iowa City (BIC)*
bicyclistsofiowacity.org

*Broken Spoke*
602 South Dubuque Street,
Iowa City | (319) 338-8900

*Geoff’s Bike & Ski*
816 South Gilbert Street,
Iowa City | (319) 338-7202

*Iowa City Bike Library*
408 East College Street
Iowa City, IA

*Iowa Goes by Bicycle*
http://www.endomondo.com/campaign/national?view=948
Join the 2013 National Bike Challenge!

*World of Bikes – Iowa City Bike Shop*
723 South Gilbert Street,
Iowa City | (319) 351-8337
When possible, carpool with others traveling to the same destination. In addition, consolidate your errands into one or few trips and plan the most efficient route possible among destinations. Don’t idle for extended periods.

Keep your car clean and maintained. Carrying heavy loads decreases gas mileage.

For your next car purchase, invest in hybrid, electric, and/or fuel efficient vehicles.

If your car runs on diesel, join the Yoderville Biodiesel Collective, which turns restaurant grease into fuel.

Get a personalized consultation through Backyard Abundance (the Abundance of Ideas package costs $95). See the contacts below for help with implementation.

Capture rain water by purchasing a rain barrel or planting a rain garden. Rain gardens include deep-rooted native prairie plants that capture water and divert run off from streets and sewers. The City of Iowa City provides reimbursement for rain barrels and materials purchased to construct a rain garden. For a consultation, contact Backyard Abundance.

Plant perennials in your yard. Perennials re-seed themselves and come back year after year, requiring less maintenance and reducing the area of lawn that needs to be mowed. Edible forest gardening is the practice of planting and maintaining food-producing perennials such as berry bushes, herbs, and fruit trees.

Plant more intensive plants (like annuals such as tomato plants) in high visibility areas, like in pots or plots nearest to your house to make access and incentive to care for the landscape easier.

Invest in a battery or plug-in electric lawnmower or a push mower. Gas-powered lawnmowers are responsible for 5% of U.S. air pollution, each one emitting the same amount of toxic emissions in one hour as eleven new cars emit in the same time period.

**RESOURCES**

**Yoderville Biodiesel Collective**
4630 Orval Yoder Turnpike SW Kalona, IA 52244 (319) 331-4831 | www.ybdc.org

**RESOURCES:**

**Backyard Abundance**
PO Box 1605 Iowa City, IA 52244 | (319) 325-6810
www.backyardabundance.org

**Fiddlehead Gardens**
PO Box 621 Iowa City, IA 52244-0621 | (319) 321-6549

**Iowa Rain Garden Design and Installation Manual**

**Rain Garden and Rain Barrel Reimbursement Form**
www.backyardabundance.org/Resources/RainGardens.aspx