

Cleaner Contra Costa Challenge STUDENT Instructional Packet

DISCLAIMER This packet has been made specifically to aid students with the transition to online remote learning given the impact of COVID -19. Hopefully, these instructions will find you well and complement your teacher's preferred teaching method regarding the Cleaner Contra Costa Challenge.

1. Sign Up

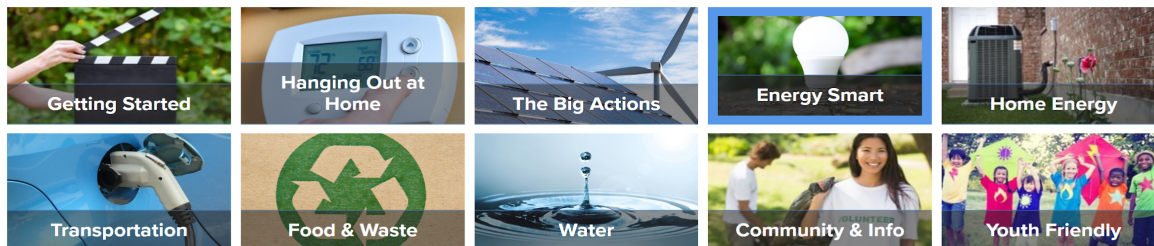
- a. Visit <https://cleanercontracosta.org/team/join/1234>
 - i. Using this link will automatically add you to your classroom's team
 - ii. DO NOT GO STRAIGHT TO THE WEBSITE TO SIGN UP BECAUSE YOU WILL NOT BE ADDED TO YOUR CLASSROOM TEAM
- b. If you prefer to read the site in Spanish, choose the Spanish language option in the upper right-hand corner
- c. Fill in the required information to create your account
 - i. Please note that there should only be ONE account per household, but if you have a sibling who has done this lesson or already have a household account, you can make a new account to track your progress separately.

2. Complete your Energy Profile - see separate instructions at the end (may be optional)

3. Find Actions. Your next step is to find Actions you are interested in taking

- a. Click on "Find Actions" at the top of your dashboard or "Actions" on the left blue navigation bar
- b. Then Choose the Youth Friendly Category at the top of the page. This challenge will **only** include actions in this category. Other actions will not count for the challenge.

Choose a Category below or [explore all actions](#).



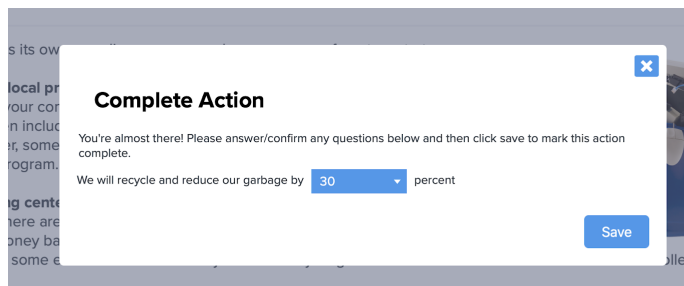
- c. Explore the actions and click on the Action photo to learn more about the actions you are interested in.
- d. On each Action page you will see information near the top on the cost, time commitment, resource savings, annual savings and the points you will earn.
 - i. **If there is a question right below the stats, change the answers if needed to show what you are planning to do. For example, if you plan to adjust your thermostat, enter how many degrees you will adjust.**
 - ii. The points are important! They show your impact from the actions. Each point is equivalent to one 1 lb of CO2e or 10 gallons of water reduced/year. **So more points = more impact!**
- e. Farther down the Action page is helpful information on how to do the action. Read this if you want more information on how complete the action before deciding to do it.

4. Choose Actions

- a. If you like an action and want to complete it, click the blue “Get Started” button in the middle of the Action page.
- b. This will prompt a smaller white box to appear where you will be able to select a timeline to complete your action by picking a due date
 - i. This is not a harsh deadline, but rather a way for you to hold yourself accountable and remind you to complete your actions!
- c. Once you set your goal, you will be back on the action page and see a list of steps to take to complete the action.

5. Mark Actions Complete

- a. To track your progress, you can mark the individual steps on the Action page complete as you go, or you can just mark the action all complete when you're finished with the blue “Mark Complete” button on the Action page or on your Dashboard.
 - i. After you mark the action complete, if there are questions for this action you will be prompted to confirm your answers. **Please check to make sure that the information is correct before you click “Save”**



- ii.
6. **Post About Your Action!** When you mark an action complete, you will be prompted to create a post with a photo and message about your action. **This will be shared with your teacher and classmates**
 - a. **Post a photo of your action and a message!** For example, if you take the action to adjust your thermostat, take a photo of you adjusting your thermostat! Add a message, for example, how you completed the action, or any tips or suggestions, etc.
 - i. **POSTS AND AN IMAGE MAY BE MANDATORY TO GET CREDIT FOR POINTS BASED ON TEACHER INSTRUCTIONS**
 - b. Once you click “Save” you have officially completed your FIRST action!
7. **Track Your Progress.** As you complete actions you will see your Total Points, Actions Completed, and Dollars Saved increase on your dashboard and on your “My Team” page
 - a. At the end of a designated time period, you will report your points to your teacher.
 - b. Your teacher will keep track of all the points and will reward the classroom team with the most points at the end of the challenge!

Note: Youth Friendly actions are not the only actions available. If you are passionate about environmental science and living a more eco-friendly lifestyle, feel free to explore other action options with your family and friends!

Completing your Energy Profile:

Below is an example of a completed Energy Profile with all the questions. Work together with your family to answer the questions and complete your Energy Profile. When you complete the Energy Profile, you will be able to see your household impact in the **My Impact** Section of your **Dashboard**!

Do your best to answer the questions, but if you don't know, say I don't know (if this is an option) or make your best estimate! Read the help text on each question for tips!

Page 1 - Your Household



Complete Your Energy Profile

Complete your Energy Profile to find your current impact and before choosing actions to get custom estimates on impact and savings! It only takes a few minutes (5-10) and all your information is private and secure. If you need to leave before you finish, be sure to click Save & Exit to save your answers. Then return using the "My Energy Profile" link on the left navigation bar.

How many people live in your household?

4

Does your home share walls with others?

Does your home share a wall with other homes like an apartment or condo? Or is it separate like a house?

Yes, our house shares walls

No, our house does not share walls

What size is your home?

How many rooms are in your home? Count all rooms except bathrooms or hallways (include the kitchen, dining room, etc.)

5

Page 2 - Appliances

Let's talk about your kitchen & laundry

The appliances you use in the kitchen and for washing and drying clothes all impact your household footprint.

What kind of stovetop do you have?

The stovetop is where the burners are (not the oven). Some stoves have different fuel for the stovetop and the oven, so we will ask about both. This one is pretty easy, if you see a flame, it is gas or propane. If not, it is likely electric.


We have a gas stovetop


We have an electric stovetop


I'm not sure


We don't have a stovetop

How often do you use your stovetop?

☐

☐

☒

☐

☐

Never
We rarely use our stovetop

Sometimes
We use our stovetop at least once a week

Often
We use our stovetop 3-5 times/week

Daily (low)
We use our stovetop once a day

Daily (high)
We use our stovetop multiple times a day

What kind of oven do you have?

Same as your stove, if you see a flame or need to light a pilot to turn on your oven, then it is gas or propane. If not, it is likely electric.


We have a gas oven


We have an electric oven


I'm not sure


We don't have an oven

How often do you use your oven?

☐

☐

☒

☐

☐

Never
We rarely use our oven

Sometimes
We use our oven at least once a week

Often
We use our oven 3-5 times/week

Frequently
We use our oven once a day

Daily
We use our oven multiple times a day

Where do you do your laundry?


Inside my home


At a laundromat or central laundry area

What kind of dryer do you have?

Look for a big plug for an electric dryer or a gas line and vent for a gas or propane dryer.


We have a gas dryer


We have an electric dryer


I'm not sure

How many loads of laundry do you do a week on average?

It's ok if your estimation isn't perfect. We just need an average here. Make sure to count loads for everyone in your household. So if two people in your household each do 2 loads a week, then it would be 4 total.

3 ▾ loads per week

Page 3 - Heating & Cooling

Let’s talk about heating and cooling

Heating and cooling are usually the largest source of energy use in your home.

What kind of fuel do you use to power your main heater?

The best way to tell is by your bill – do you pay for gas or fuel oil? If yes, this is likely what runs your heater. Or, look at what fuel cost goes up in the winter? Electricity? Gas? Also, do you ever need to light a pilot light for your heater? If so, it is likely gas or propane powered. If none of these apply, you could have electric heating. If you don't have a bill or aren't sure, choose, I'm not sure.



We have a gas or propane heater



We have an electric heater



I'm not sure



We don't heat our house



We have a fuel oil heater

Do you also use portable electric heaters (plug in)?



No, we don't use portable electric heaters



Yes we use portable electric heaters

Do you use Air Conditioning?

Both central AC and window or wall units count here.



No, we don't have AC



Yes we have AC

What kind of fuel do you use to heat your water?

Just like your home heating, if you pay a gas or fuel oil bill, that is often the fuel that also runs your water heater. Also, if you ever need to light a pilot light for your water heater, it is likely powered by gas or propane. If you have solar water heating, choose the energy source for your backup heater. If you're not sure, choose I'm not sure.



We have a gas or propane water heater



We have an electric water heater



We have an electric heat pump water heater



I'm not sure



We share a water heater with other units in our building



We have a fuel oil water heater

Let’s talk about pools and hot tubs

Pools and hot tubs can use a lot of fuel

Do you have a Pool or Hot Tub?



We have neither



We have a pool



We have a hot tub



We have both

Page 4 - Utility Information

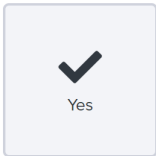
Let's add in your energy use

Adding in your actual electricity and gas or other energy use will help us provide the best estimates on your impact and recommendations on actions. First, a few questions about your electricity

Does your home have solar panels for electricity?



No



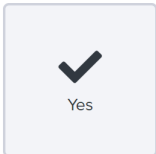
Yes

Do you participate in a 100% green electricity program through your utility or other company?

A Green Electricity program is where you pay a bit extra and your utility (or other company) purchases clean, renewable energy equal to your electricity use.



No



Yes

IMPORTANT: For this section below, if your parents want to link in your utility data for more accurate results, they use the “ADD MY DATA” button with their utility account login information. If not, you can skip this section and we will estimate this for you. To skip this, just click on Next and go to the next page!

Add your energy use data

If you have a utility or energy services account and more than 12 months of data, you can enter/link your data below. This will provide a better estimate on actions. If you don't enter data below, we will automatically estimate your use.

Link your Electricity and Gas Data

Click the button below to link in your utility data. All you will need is your account log in information. Your data is private and protected, we don't share it with anyone. It might take a couple of minutes to load your data.

ADD MY DATA

Or if you prefer not to use the data link, you can hand enter you data below, or we can estimate your energy use.

Enter your data

If there is a fuel you currently use missing from the list below, like natural gas, check your answers to the previous questions and indicate these fuels.

Electricity Use ▼

Natural Gas Use ▼

Page 5 - Transportation

How do you get around?

Transportation has the highest impact in most households.

Select ALL the ways people in your household get around

If you walk, bike, skateboard or unicycle, your miles are carbon free! So no need to report them here.


Car (truck, minivan...)


Train or subway


Car share (i.e. Lyft)


Bus


Airplane


Carpool

Tell us about the cars in your household


suburu


Chevy Bolt


Add a car

What kind of car is this?

suburu

What fuel do you use for this car?

If you go to the gas station primarily, choose gas, if you plug in primarily, choose electricity.


Gasoline


Electricity

On average how many miles do you drive this car a year?

It's ok if your estimation isn't perfect. We just need an average estimate of your normal driving habits. Tip: try checking your car's current mileage and divide by how many years you have been driving it. Remember to subtract the mileage it had when you first got it if it is used! Average miles driven for a car in the U.S. is around 13,500 miles per year.

15000

miles per year

How fuel efficient is your car?

Fuel efficiency is measured as the average number of miles your car travels per gallon of gas (MPG). For electric vehicles it is measured in kWhs per mile or miles per gallon equivalent (MPGe). The average MPG in the U.S. is 22 for gas cars and 100 MPGe for electric vehicles. Hybrids are generally around 40 mpg.

25

MPG/MPGe

Page 5 - Transportation continued:

For each option you choose at the top of the transportation page, there is a question about your miles traveled for that transportation type. Do an estimate of your miles for each. For example:

Tell us about your train, light rail or subway travel

How many miles per week do you ride the train, light rail or subway?

It's ok if your estimation isn't perfect. Try estimating based on your regular destinations and how often you ride. For example, if you commute by train 20 miles/day, 5 days a week, that's 100 miles/week.

100

miles per week

Tell us about your carpool travel

How many miles per week do you carpool?

It's ok if your estimation isn't perfect. Try estimating based on your regular destinations and how often you ride. For example, if you commute by carpool 20 miles/day, 5 days a week, that's 100 miles/week.

50

miles per week

Tell us about your air travel

On average, how many miles do members of your household fly a year?

It's ok if your estimation isn't perfect. Think about your air travel over the last few years and estimate based on recent trips and upcoming plans.

5000

miles per year

Do you currently purchase offsets for any of your air travel?

Offsets help to reduce your impact from air travel if you need to fly. If you don't purchase offset nows, learn more about this on the Offset Air Travel action!

0

offset miles purchased per year

Page 6 - Food & Waste

Tell us a bit about your food choices

Some foods have a higher impact than others.

How many meals a week include red meat in your household?

Some foods like red meat, have a higher impact. Learn more in the actions section! Add together the average meals eaten each week from all members of your household and enter below. For example - if one person eats red meat on average 4 times/week and the other 2 times/week, enter 6.

8 ▾ meals per week

How do you dispose of your garbage?



Into bins at our house



Into shared bins at our building

What size is your garbage bin?

☐

☐

☒

☐

20 gallons

32 gallons

64 gallons

96 gallons

How many bins are picked up weekly?

1 ▾