

GET ACTIVE IN THE ECOCHALLENGE

OREGON RESOURCES FOR ENERGY ACTIONS

The People's Ecochallenge is a great way to learn about new opportunities to lighten your footprint while at work, home or on the go. These fun and engaging actions help build positive habits. Below is a list of actions that have Oregon specific resources available to help you complete them.

ACTION	RESOURCE
CHOOSE CLEAN/RENEWABLE ENERGY I will sign up for my utility company's clean/renewable energy option.	Pacific Power Blue Sky Renewable Power PGE Green Future program
POWER DOWN THE COMPUTER I will power down my computer and monitor when not using it for more than 2 hours, saving up to 1.1 lbs. of CO2 each day that I do this.	Ask your Commercial SEM Coach for Power to Save stickers
TURN IT OFF I will keep lights, electronics and appliances turned off when not using them.	Ask your Commercial SEM Coach for Power to Save stickers
ONLINE ENERGY AUDIT I will complete an online energy audit of my home, office or dorm room, and identify my next steps for saving energy.	Energy Trust Home Energy Review
USE AN ENERGY METER I will use an energy meter to monitor my energy use and identify opportunities to save power.	Search your local county/public library for a "Kill A Watt"
INSTALL ALTERNATIVE ENERGY I will install alternative energy systems, such as solar electric systems or solar water heaters or join a community solar project.	Energy Trust Solar Incentives Oregon Community Solar
REPLACE MANUAL THERMOSTATS I will replace manual thermostats with programmable ones.	Smart Thermostat coupon
UPGRADE HEATING AND COOLING UNITS I will replace inefficient heating and cooling units	Energy Trust heating and cooling incentives

General Resources

- Use the [PGE Energy Tracker](#) to understand and control your electricity usage
- Visit [Pacific Power's savings and choices for homes](#)
- Check out [Energy Trust of Oregon's](#) website for energy efficiency and renewable energy incentives
- Check out tips from [NW Natural](#), [Cascade Natural Gas](#), and [Avista](#) for saving energy and money



Learn more about the People's Ecochallenge, visit <https://peoples.ecochallenge.org>.

