

## Insulate Your Home

### Why we care

Heating produces greenhouse gases when we burn fuel oil or natural gas, and when we use electricity from coal- and gas-fired plants. Oregon has a goal of reducing greenhouse gas levels by 2050 to 75% below 1990 levels. One of the most important actions you can take is insulating your home to keep winter heat in and summer heat out. Insulation will also improve your comfort and, in Portland, will improve the Home Energy Score required for resale. This may add to your home's market value.

### Simple, positive change

- Schedule a [Home Performance with Energy Star test](#) using the Energy Trust's list of contractors. The assessment takes 3+ hours and costs around \$300. You will receive a customized report of what you need and how much you could save if your home were running at peak performance.
- For insulating the home yourself, see the [Do-It-Yourself Guide](#) and the [Duct Sealing guide](#).
- If the insulation thickness in your attic is less than 10 inches of cellulose or 14 inches of fiberglass, you could benefit by adding more.
- Exterior walls, basement walls, under-floor, and basement rim joists (between framing and foundation) all need insulation.
- Types of insulation:
  - Cellulose is composed of about 75 percent post-consumer waste paper and does not release harmful chemicals.
  - If you select fiberglass batts, choose those that are formaldehyde free.
  - EPS foam insulation is efficient and preferable in some situations, but it is made of fossil fuels, can't be recycled, and in some instances incorporates harmful chemicals.

**Questions or feedback? Contact Jeanne Roy at [jeanne@earthleaders.org](mailto:jeanne@earthleaders.org).**