

ECO-AUDIT – Questionnaire

Please give yourselves marks:

1 = Very good

2 = Quite good

3 = Could do better

Recycling

Food

- We recycle all our household food. 1 or 2 or 3
- We have our own compost/compost bin 1 or 2 or 3

Paper

- We always use both sides of a sheet of paper. 1 or 2 or 3
- We only print & photocopy what is necessary. 1 or 2 or 3
- All our paper is recycled. etc.

Plastic

- We avoid buying things wrapped in a lot of plastic.
- We re-cycle plastic bags whenever we can.
- We avoid using disposable plastic plates, cups, etc.

Clothing

- We don't buy more clothes than we really need.
- If clothes no longer fit, we give them to charity shops.

Electrical devices

- We handle all our electrical devices with great care, so that they last as long as possible.
- We use collecting facilities provided by the local council
- We dispose of batteries responsibly

Medical

- We use recycling collection facilities provided by pharmacies.

Transport

Public transport

- We use public transport whenever we can. 1 or 2 or 3

Flying

- We fly only when we have no other option. etc.

Use of cars

- We share our cars.
- We don't keep more cars than we need.

Food

In general

- Mostly we eat seasonal food.
- We only buy the food we really need.
- We eat less meat and fish for ecological reasons.
- We make a conscious effort not to waste food or to throw it away.

Produce from the garden

- We try to grow at least some of our own food.

Local products

- We buy local products to support farming in the region.

Fair Trade

- We consider regularly buying some Fair Trade products to support fair wages.

Energy

Lighting

- We only use energy saving bulbs.
- We do our best to switch off the light when we are not in the room.

Heating

- Our house is thermostatically controlled, so that those who need a warm room can have one.
- We have had an energy review of the house to avoid heating leakage, or we will do so in future.
- We would rather wear a big jumper than turn up the heating

Household/living

- We always switch off electrical appliances such as kettles/ computers/ TV, at the mains when we are not using them.

Renewable energy resources

- We have solar energy panels.
- We will consider installing solar energy panels.
- We will research ways in which we can make better use of other forms of renewable energy

Water

Drinking

- We very seldom use bottled water.
- We do not run the tap for cold water more than necessary

Domestic use

- We have showers and not baths as far as possible.
- We only use the dishwasher and washing machine when we have a full load.
- We turn off the tap when brushing teeth.

Garden use

- We don't use water sprinklers on our lawn
- We have a rain water collection barrel for watering the garden.

Care for the environment

House

- We care for our house and ensure it is well insulated in areas such as double glazing, loft insulation.

Garden

- We care for our garden and use it for growing food
- We grow bee-friendly flowers and plants
- We plant trees when it is possible.

Surroundings

- We support local initiatives which care for the environment.

Worldwide

- We inform ourselves about environmental issues, both locally and more widely.
- We join groups which support environmental justice.