### ECO-AUDIT – Questionnaire

Please give yourselves marks:

1 = Very good  
2 = Quite good  
3 = Could do better

<table>
<thead>
<tr>
<th>Recycling</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food</strong></td>
</tr>
<tr>
<td>o We recycle all our household food. 1 or 2 or 3</td>
</tr>
<tr>
<td>o We have our own compost/compost bin 1 or 2 or 3</td>
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<tr>
<td><strong>Paper</strong></td>
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<tr>
<td>o We always use both sides of a sheet of paper. 1 or 2 or 3</td>
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<tr>
<td>o We only print &amp; photocopy what is necessary. 1 or 2 or 3 etc.</td>
</tr>
<tr>
<td>o All our paper is recycled. 1 or 2 or 3</td>
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<tr>
<td><strong>Plastic</strong></td>
</tr>
<tr>
<td>o We avoid buying things wrapped in a lot of plastic.</td>
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<tr>
<td>o We re-cycle plastic bags whenever we can.</td>
</tr>
<tr>
<td>o We avoid using disposable plastic plates, cups, etc. 1 or 2 or 3</td>
</tr>
<tr>
<td><strong>Clothing</strong></td>
</tr>
<tr>
<td>o We don’t buy more clothes than we really need.</td>
</tr>
<tr>
<td>o If clothes no longer fit, we give them to charity shops.</td>
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<tr>
<td><strong>Electrical devices</strong></td>
</tr>
<tr>
<td>o We handle all our electrical devices with great care, so that they last as long as possible.</td>
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<tr>
<td>o We use collecting facilities provided by the local council</td>
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<tr>
<td>o We dispose of batteries responsibly</td>
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<tr>
<td><strong>Medical</strong></td>
</tr>
<tr>
<td>o We use recycling collection facilities provided by pharmacies.</td>
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</tbody>
</table>
Transport

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

Flying
  o We fly only when we have no other option.  etc.

Use of cars
  o We share our cars.
  o We don’t keep more cars than we need.

Food

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

Produce from the garden
  o We try to grow at least some of our own food.

Local products
  o We buy local products to support farming in the region.

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

Energy

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

Heating
  o Our house is thermostatically controlled, so that those who need a warm room can have one.
  o We have had an energy review of the house to avoid heating leakage, or we will do so in future.
  o We would rather wear a big jumper than turn up the heating
Household/living
  o We always switch off electrical appliances such as kettles/computers/TV, at the mains when we are not using them.

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

Water

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

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

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

Care for the environment

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

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

Surroundings
  o We support local initiatives which care for the environment.

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