

Sustainability Challenge

	Challenge Ask each member of the household to put their initials against the challenge they have completed during each experiment. This will give you a good idea of how sustainable you have been as collective household.	Completed
1.	<p>Recycling</p> <p>Sort out your rubbish and try recycling as many items as possible.</p> <ul style="list-style-type: none">○ Paper○ Glass bottles & jars○ Metal food and drinks cans○ Aerosols○ Shoes○ Textiles <p>Remember to put your green box out to be emptied on the following dates:</p> <ul style="list-style-type: none">○○○○ <p>How many bags of rubbish did you place out each week for waste collection (not recycling)_____</p> <p>Now you have started to recycle more, how many bags of rubbish do you now place out each week for waste collection (not recycling)_____</p> <p>Is there any difference in the amount of rubbish that you are throwing in your main rubbish bin? _____</p>	

Composting

2.

[Trial a composting bin – full instructions will be provided with the compost bin.](#)

It is easiest to keep a small rubbish bin (with a lid) in the kitchen to store food scraps. Empty this bin daily into the main compost bin outside and you'll be amazed at how much waste you put in. You can compost fruit and vegetable peelings, tea bags, egg shells, etc. See 'Recipe for home compost'.

Make a rough note of how much waste you think you have diverted from the main waste stream

Energy

3. Make a real effort to switch off lights in rooms when you are not in them.
4. Only boil the amount of water required, do not overfill kettles.
5. Install energy saving light bulbs in all rooms in the house.
6. Switch off the sink tap every time you brush your teeth.
7. Take showers instead of baths. Showers use a lot less water so will save energy and therefore money.
8. Switch off all appliances (TV, DVD, video, stereo, etc) when not in use and don't leave them on standby. This will save energy and money.
9. Close curtains at dusk-ensure they do not hang over the front of radiators (tuck them behind)
10. Dry clothes outside (subject to climatic conditions) rather than using a tumble dryer.

How much did you spend on **Gas** (per month) **prior** to this challenge _____

How much do you now spend on **Gas** (per month) **after** undertaking this challenge _____

How much did you spend on **Electricity** (per month) **prior** to this challenge _____

How much do you now spend on **Electricity** (per month) **after** undertaking this challenge _____

Sustainable Products

11. [Trial Ecover washing up liquid.](#)

Does it smell or feel any different from your normal brand? If so, how?

How do you rate its performance? _____

Would you use it again in the future? _____

12. [Trial Ecover multi-purpose cleaner.](#)

Does it smell or feel any different from your normal brand? If so, how?

How do you rate its performance? _____

Would you use it again in the future? _____

13. [Trial Ecozone balls for washing clothes.](#) Instructions provided.

Do your clothes smell or feel any different than when using your normal brand? If so, how?

How do you rate this product's performance? _____

Would you use it again in the future? _____

14. [Trial the recycled toilet roll.](#)

Does it feel or look any different from your normal brand? If so, how?

Would you use it again in the future? _____

Transport

15. Leave your car at home (at least once a week) when making a short trip of less than a mile. Fact: When your car engine is cold it produces 60 per cent more pollution than when it is warmed up.

Walk, cycle or take public transport instead. Try to do this at least once or twice per week.

How did you get on? _____

Did you feel any different? _____

Would you continue to do this in the future? _____

Utilities

16. Read bills when they are received, if they are estimated provide utility company with correct reading.

How did you get on, did you have any difficulties, if so please explain

17. Compare utility companies for cost by utilising Uswitch.com.

How did you get on, did you identify any savings, if so how much per year.

Water

18. Try taking showers rather than baths.
19. Do not leave taps running whilst brushing your teeth.
20. Use a water butt for watering the garden plants.
21. If you do not have a dual flush cistern, fit a water hippo (free from water company)
22. Consider having a water meter installed (water company will install one free, you can choose to have it taken out within 12 months if you so desire)

How much did you spend on **Water** (per month) **prior** to this challenge _____

How much do you now spend on **Water** (per month) **after** undertaking this challenge _____

Insulation

23. [What is the thickness of insulation you have in the loft.](#) Fact: if less than 200mm, and you claim benefits, you may be entitled to a grant for free loft insulation
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Gardening

24. Try growing your own vegetables. (even if you live in a flat, providing you have a balcony you can grow vegetables in pots or tubs)

How did you get on, please list what you have grown:

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-
-
-
-
-
-
-
-

Did you encounter any difficulties, if so what were they:

-
-
-
-
-
-

Did you find that the vegetables you have grown tasted better than those purchased at supermarkets _____

Food Waste

25.

Make a Food Diary for one week, noting down all food & drink thrown in the bin or tipped down the sink:

- During meal preparation
- After mealtimes
- During fridge and cupboard clearouts
- From lunch boxes

How much of the food & drink thrown away could have been avoided? _____

How much did the food & drink thrown away cost to buy? _____

Times this figure by 52 _____

This is how much your family spends on uneaten food & drink each year _____

To save your family money, by wasting less food, take a look at www.lovefoodhatewaste.com to find money saving tips and recipes.