

Sustainability Challenge 2007

We have listed a total of 15 challenges for you to complete during the Challenge. It's important that everyone in the family gets involved and that you make a real effort to work as a team. If you continue this over a period of months you should start to see some financial savings and there will be great environmental benefits too.

	<p>Challenge We would ask that each member of the family puts their initials against each challenge they have completed. Don't worry, they won't apply to you all. But it will give you a good idea of how sustainable you have been as a family.</p>	<p>Completed</p>
<p>1.</p>	<p>Recycling Sort out your rubbish and try recycling as many items as possible.</p> <ul style="list-style-type: none"> ○ Paper ○ Glass bottles & jars ○ Aerosol cans ○ Metal food and drinks cans ○ Christmas cards and wrapping paper <p>Is there any difference in the amount of rubbish that you are throwing in your main rubbish bin? _____</p>	
<p>2.</p>	<p>Composting Trial a composting bin for a fortnight – 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</p>	

	<p>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'.</p> <p>Make a rough note of how much waste you think you have diverted from the main waste stream. _____</p>	
3. 4. 5. 6. 7. 8.	<p>Energy</p> <p>Make a real effort to switch off lights in rooms when you are not in them.</p> <p>Install at least 2 energy saving light bulbs, preferably in the rooms you use most and preferably after an old bulb has blown.</p> <p>Switch off the sink tap every time you brush your teeth.</p> <p>Take showers instead of baths. Showers use a lot less water so will save energy and therefore money.</p> <p>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.</p> <p>Trial the Wattson electricity meter and note which items seem to guzzle the most electricity.</p> <hr/>	

Sustainable Products

9. Trial Ecover washing up liquid for a fortnight.
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? _____

10. Trial the Ecover toilet cleaner for a fortnight.
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? _____

11. 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

12. Walk, cycle or take public transport instead of the car. Try to do this at least once or twice per week. Fact: When your car engine is cold it produces 60 per cent more pollution than when it is warmed up.

13.	<p>Leave your car at home (at least once a week) when making a short trip of less than 2 miles.</p> <p>Use the pedometer to count your steps, below is a rough guide to success: 500-1000 must try harder 1001-5000 getting better 5001- 9999 nearly there, your doing great! 10000 or more Bingo you're walking your way to a healthier life</p> <p>Fact – On average a person needs to walk 10,000 steps a day to stay healthy</p> <p>Can you replace the car on your daily commute with the bike? Try cycling to work if it is within 2 – 6 miles. Or try a recreational family bike ride around one of the County's off road routes, e.g. Draycote Water. Use the cycle computer to clock up bike miles, speeds and calories burned.</p> <p>How did you get on? Did you feel any different? Did it save you money? Would you continue to do this in the future?</p> <hr/> <hr/>	
14.	<p>Fair Trade</p> <p>Buy at least one fair trade product. There is a wide variety to choose from in your local supermarket: tea, coffee, bananas, chocolate, sugar, the list goes on. What did you buy? _____</p>	

	<p>Did it taste any different from your normal brand? _____</p> <p>Does the product tell you who will benefit from you purchasing it? If so, who?</p> <p>_____</p> <p>The Co-op has launched a campaign to encourage everybody to buy at least one fair trade product every month. This doesn't sound a lot and won't break the bank, but imagine how many people would benefit if everyone in the Rugby Borough joined the campaign. That would mean 91,500 fair trade items were bought every single month. Now imagine if everyone in the UK joined in – that's nearly 61 million people.</p>	
15.	<p>Healthy Eating</p> <p>Pack a healthy lunch box to take to work or school. Include at least one piece of fruit and one low-fat yoghurt. No crisps or sweets!</p> <p>Read the food labels when shopping and avoid products with lots of fat, salt or sugar. Choose products that are grown locally and avoid products that come in lots of packaging.</p> <p>What did you pack for your lunch? _____</p> <p>_____</p> <p>How much packaging was left afterwards? The less packaging – the more sustainable it is! _____</p>	