

Home Environmental Review

This review is designed to be a talking point or stimulus to investigate how Eco-Friendly and Eco-Knowledgeable your household is. The questions will help you to assess what is already good in your home as well as give a few ideas for what you could change to be more environmentally friendly. Don't feel as though you have to tick yes for everything, as no one is perfect! Even if you only make one small change, you will be taking a step in the right direction.

If you or your family don't know anything about some of the questions, maybe this is an area that you could investigate to find out more.

It is always important to know how well you are doing before you make a change so that you can measure your improvement. You can use this review as a measure and some of the questions give you a hint as to how you could further measure changes. You might decide to create a home eco action plan or even a home eco code to get everyone thinking more environmentally friendly. Whatever you do, make sure you keep your school Eco-Committee and Eco-Schools Wales informed so we can help celebrate your great ideas! If you are using Twitter, please tag @EcoSchoolsWales in any related tweets!

Date completed: _____

Completed by: _____

Key:



You can find the answers yourself by looking carefully around your home.



You may need to ask an adult to find the answers to these questions.








A little bit more investigation is required, maybe a survey or asking questions to other people.



This is a way of **measuring** the impact that you are having on the environment so you can show how much you are improving. This is an important part of being an Eco-Home.






These questions supplement the Global Perspective questions that run throughout the rest of the review. You can consider those as well as the questions below when reviewing your overall Global Citizenship coverage.

Does your family know about the Global Goals? 	Yes	No
Do you have Fairtrade or other sustainably labelled products at home? 	Yes	No
Which products do you have? (tea, coffee, chocolate etc) 		
Are the children in your household aware of their Rights and Responsibilities (linked to the UN convention on the Rights of the Child)? 	Yes	No
Have you learned about how other countries are becoming more sustainable or helping our planet? 	Yes	No



Action Points / Comments:

Litter

In your Community

Is the area around your home litter free?		Yes	No
Is your community generally litter free?		Yes	No
Are there enough bins in the community?		Yes	No
Does your household do anything to keep the community clean?		Yes	No
What types of litter do you primarily find? (gum, bottles, crisp packets etc)			


Global and Climate Perspective

Does your household know the problems caused to the environment and wildlife by dropping litter?		Yes	No
Have you investigated how litter impacts on the marine environment?		Yes	No

Action Points / Comments:

Waste Minimisation

Around your home- Reduce





Does your household avoid printing as much as possible?	?	Yes	No
Does your household avoid food in single use plastic?	Q	Yes	No
Do you ever visit a refill shop for food and cleaning products?	?	Yes	No
If you go out with a packed lunch, is it in a reusable container?	Q	Yes	No
Does your household use reusable drinks bottles?	Q	Yes	No
How much food does your household throw away in a week?			

Reuse




Do you have a scrap paper tray to reuse paper?	Q	Yes	No
Are envelopes reused, including padded ones?	?	Yes	No
Is your toilet paper made from recycled paper?	Q	Yes	No
Do you print on recycled paper?	?	Yes	No
Do you buy clothes or toys from a charity shop or second hand venue?	Q	Yes	No
Is there a Repair Café in your community?	?	Yes	No

Recycle

Which of the following do you recycle? (circle or highlight)					Q
Paper	Plastic	Cans	Cardboard	Clothing/Material	
Batteries	Phones	Stamps	Glasses	Cooked food	
Ink Cartridges	Waste Electrical Equipment	Pens	Crisp Packets		

Do you have a compost bin/area that is in use?		Yes	No
Is the compost made up of a mix of 'wet' and 'dry' materials?		Yes	No
Do you actively look at reducing your recycling as well as your general waste through reducing and reusing?		Yes	No
How full are your general waste and recycling bins each week?			

Global and Climate Perspective












Does everyone in your household know why we should try to reduce the amount of things we use and throw away?		Yes	No
Do you know what happens to things we recycle?		Yes	No
Do you try to reduce your carbon footprint by buying less new stuff?		Yes	No

Action Points / Comments




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Energy

Around your home

Are curtains or blinds fitted at the windows and closed at night to keep warmth in?		Yes	No
Are windows and doors always kept shut when the heating is on?		Yes	No
Is your house thermostat set below 20 degrees Celsius?		Yes	No
Are hot water pipes and tanks properly insulated?		Yes	No
Do you have energy saving light bulbs/LED bulbs throughout the house?		Yes	No
Are lights always turned off in empty rooms?		Yes	No
Are lights turned off as soon as there is enough daylight?		Yes	No
Are televisions, computers and consoles switched off at the socket when not in use?		Yes	No
Is the kettle only filled with as much water as is needed?		Yes	No
Do you have a SMART meter to check your energy use?		Yes	No
Which appliances use the most energy in your home?			

Global and Climate Perspective:

Is everyone aware of how saving energy helps our planet?		Yes	No
Does your household understand what Global Warming is and how we impact on our planet's climate?		Yes	No
Have you investigated the impacts of Climate Change on people globally?		Yes	No

Action Points / Comments:

Water

Around your home

Is there a water meter to record water use at home?	?	Yes	No
Is your home free from dripping taps?	🔍	Yes	No
Does everyone turn the tap off while brushing teeth?	📋	Yes	No
Is your toilet designed to reduce water loss with a low-volume flush?	?	Yes	No
If not, do you have water saving devices in the toilet cistern? <i>e.g. a Hippo bag or bottles filled with water</i>	?	Yes	No
Do the people in your house have a short shower instead of a bath?	📋	Yes	No
Do you have a water butt to collect rainwater for watering plants?	🔍	Yes	No
Does your household always use the dishwasher/ washing machine fully loaded?	?	Yes	No
Does someone always put the plug in the sink when washing vegetables?	?	Yes	No
Does everyone know why we need to save water in Wales and the process involved in getting clean water to our taps?	📋	Yes	No


Global and Climate Perspective

Are there plenty of trees or vegetation around your home and community to reduce flooding?	🔍	Yes	No
Do you know about the need to protect the oceans, fish and all living creatures that live in them?	📋	Yes	No
Have you investigated the 'hidden' water in food and products and which things we consume use the most water globally?	📋	Yes	No

Action Points / Comments:

Biodiversity

Around your home

Can you see any of the following for wildlife either in your garden or close by? 	Yes	No
Trees		
Hedgerow		
Pollinator friendly native plants		
A pond		
A marshy / bog area		
A native wild flower area		
Log Piles		
Stone Piles		
Uncut 'wild' areas		
Bird boxes		
Water baths		
Perching posts		
Bird feeders		

Bat boxes		
Bug hotel		
Hedgehog home		
Berry / nut bearing plants		
Butterfly friendly native plants		
Reptile Hibernacula		








If you have a garden, do you avoid pesticides and herbicides?	?	Yes	No
If present do you avoid cutting trees/ brambles during bird nesting season?	?	Yes	No
What wildlife can you see around your home?	🔍		
Do you keep a record of the wildlife spotted in your garden/out the window?	📏	Yes	No
Does everyone know what the word Biodiversity means?	📋	Yes	No

Global and Climate Perspective

Have you participated in a national wildlife survey? For example the RSPB Big Garden Birdwatch or the Big Butterfly Count.	📏	Yes	No
Do you know about the loss of biodiversity on a local and global level?	📋	Yes	No
Have you done anything to prevent biodiversity loss on a global scale? For example sponsored tree planting, checking for unsustainable palm oil, switching your home internet search engine to Ecosia or similar.	📋	Yes	No

Action Points / Comments:

Transport

Do you walk, cycle, scoot or catch the bus to school or work?		Yes	No
Do you share car journeys to work or school?		Yes	No
Do you try and walk to the shops or places locally?		Yes	No
Do you use public transport if going on trips?		Yes	No
Do you have or have you considered an electric vehicle?		Yes	No
Do you work out how much your household normally spends on fuel each month and try to find ways to reduce it?		Yes	No
Do you try to source fruit and vegetables locally and in season?		Yes	No

Do you shop in bulk to avoid too many deliveries/trips to the shops?	?	Yes	No
Do you normally go on holiday within the UK?	Q	Yes	No

Global and Climate Perspective:

Have you learnt about about food production and how food travels?	Q	Yes	No
Have you looked at the global impact of air pollution on health?	Q	Yes	No
Have you investigated eco-friendly methods of transportation in the UK and other countries?	Q	Yes	No

Action Points / Comments:

Health, Wellbeing and Food

Do you all manage to eat 5 portions of fruit and vegetables each day?	Q	Yes	No
Does everyone drink plenty of water during the day?	Q	Yes	No
Do you ever get to experience growing and then eating your own food?	Q	Yes	No
Do you try and limit takeaway food to once a week?	Q	Yes	No
Is each member of your household aware of how much sugar they are consuming on average each day?	Q	Yes	No

Does your household use environmentally friendly cleaning products?	?	Yes	No
Does each member of your household do some exercise every day?	📋	Yes	No
Do you have the opportunity to take part in any activities to help with wellbeing? E.g mindfulness, tai chi, active dance classes.	🔍	Yes	No
Do you support people in your local community to help if they are on their own or can't get out much?	🔍	Yes	No
Do you support local farmers by sourcing food locally and organic where possible?	?	Yes	No

Global and Climate Perspective

Have you learnt about the global impact of food production? E.g. palm oil, sugar production	📋	Yes	No
Do you try and buy sustainably sourced fish?	📋	Yes	No
Have you looked at introducing meat free days to reduce your household's carbon footprint?	?	Yes	No

Action Points / Comments: