



The Sustainables home audit

Date: _____

Name: _____

Fill in the Sustainables home audit this week by answering the following eight questions and find out how environmentally friendly your home is. Bring your completed chart back to class next week to discuss your findings.

1. How many minutes do you spend in the shower each day? Mark them down below and see how quickly you can limit your showers to four minutes.
2. Count the number of plastic bags that are brought into your home each day.
3. Measure the amount of food scraps your household disposes of each day.
4. List the number of times you walked, rode a bike or travelled on public transport each day.

	1. Time in shower (min)	2. Number of plastic bags	3. Food scraps	4. Walked, rode or used public transport
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Total				

-
5. Find out how energy efficient your fridge is by counting the number of stars on the front. Find out how water efficient your dishwasher is, if you have one, and how water efficient your washing machine is by noting down any water efficient messages on the front.

Appliance	Efficiency information
Fridge	
Dishwasher	
Washing machine	

6. Visit a supermarket this week, and find a food product that is offered in different types of packaging. Outline the packaging options available and describe the item that has the least packaging.

7. Do you have any cleaning products at home that list 'phosphate free' or 'low in sodium' (salt) as ingredients?

8. If you have a garden, find out how many plants in your garden are native to Australia.
