



Somerset College
Celebrating Potential

SOMERSET COLLEGE ECO FAMILY PROJECT

AN ECO FAMILY IS ONE THAT IS MAKING AN EFFORT TO REUSE, REDUCE AND RECYCLE.

IT IS A FAMILY THAT IS CONCERNED ABOUT THE STATE OF THE EARTH AND IS DETERMINED TO DO SOMETHING TO HELP BY MAKING CHANGES TO THE WAY THEY LIVE.

IT IS A FAMILY THAT IS AWARE OF GLOBAL ENVIRONMENTAL ISSUES.

IT IS A FAMILY THAT MAKES AN EFFORT TO UNDERSTAND THE ISSUES THAT FACE FUTURE GENERATIONS.

In order to become a *Somerset College Certified Eco Family*, you will need to do the following:

- Register by sending the registration form to the following Email address:

ecofamilysomcol@gmail.com

- Fill in the questionnaire and send it, together with evidence you have collected, to the above Email address by 1 September 2010.
- Remember that you do not need to be overwhelmed by all the changes suggested in the questionnaire. There are levels of certification and some families may take a few years to really reduce their carbon footprint and achieve PLATINUM STATUS.
- This is a pilot project, so please feel free to communicate with us, share ideas and help us formulate a workable, inspiring ECO FAMILY PROJECT.

Thank you! We sincerely hope that you will have fun trying to reduce your home's carbon footprint.

From Janine Jerling and the Eco school committee

REGISTRATION FORM FOR THE ECO FAMILY PROJECT

FAMILY SURNAME: _____

NAMES AND AGES OF THE FAMILY MEMBERS:

NUMBER OF PEOPLE LIVING IN YOUR HOME: _____

FAMILY EMAIL ADDRESS _____

FAMILY PHONE NUMBER _____

ECO FAMILY QUESTIONNAIRE

Below is a list of suggestions for an Eco family to follow.

If you **already do** any of the following, then please place a **YES** in the middle column and the approximate length of time that you have done that specific suggestion.

If you **intend** to do any of the following, then place an **INTEND** in the middle column with a date that you would like to begin.

If you **do not do** any of the following, then write a **NO** in the box with a possible reason.

SUGGESTION	DO YOU DO THIS?	TIME, DATE OR REASON
HOME		
Install a geyser blanket or timer		
Start a worm farm		
Use eco cleaning products		
Avoid using poisons in the home		
Use natural light as much as possible		
Put boiling water into a flask		
Place a brick in the toilet cistern		
Use special eco friendly light bulbs		
Install a grey water tank		
Pay bills online and receive statements online or by sms		
Unplug electric appliances when not in use		
Do not leave appliances on standby		
Use hot water only once a day		
GARDEN		
Plant an indigenous garden		
Utilize gutter water effectively		
Install a rain water tank		
Plant a vegetable and herb garden		
Avoid pesticides and herbicides. Use natural remedies instead		
Mulch the garden with compost from your own compost heap		
Plant a Spekboom – good CO ₂ absorber		
RECYCLING		
Recycle batteries		
Recycle computer equipment or dispose of it at <i>Vodacom World</i> or <i>Incredible Connection</i>		
Recycle paper, plastic, tin and glass		
Buy second hand goods – cars etc		
Donate unused goods to local charities		
TRANSPORT		
Use lift clubs whenever possible		
Reduce the amount of travel by car		

Drive a smaller, more fuel efficient car		
SHOPPING		
Take your own bags when shopping		
Return unnecessary packaging at shops		
Buy fruit and vegetables in season		
Buy local where possible. Avoid produce with a high air-mile count.		
Avoid shops with a big carbon footprint. Exercise your consumer vote!		
Choose organically grown foods and free range products as much as possible		
AWARENESS		
Participate in Eco awareness days. E.g. Earth Day. Turn off the lights for an hour.		
Stop supporting fast food restaurants		
RECREATION		
Reduce the use of air transport		
Go hiking		
Go camping		
Make anything for the home – carpentry, clothes etc		

Please share with us any other things that your family does for the environment.

Please contribute photos or evidence of anything you have done, as a family, for the environment.

BRONZE - FOR 10 CATEGORIES IMPLEMENTED AND 5 INTENDED

SILVER – FOR 15 CATEGORIES IMPLEMENTED AND 5 INTENDED

GOLD – FOR 20 CATEGORIES IMPLEMENTED AND 10 INTENDED

PLATINUM – FOR ALL 40 CATEGORIES IMPLEMENTED AND SOME EVIDENCE GIVEN BY WRITING AND PHOTOS

