

What information would you be interested in obtaining in order to become more self-sufficient and reduce your household impact on resources & pollution. Please tick all the statements relevant to you.

- 1. information on locally produced foods eg veg, fruit, eggs & honey, etc.
- 2. household, non toxic cleaning materials & detergents, home remedies
- 3. composting bins, and worm farms for plant food
- 4. how to convert to renewable energy alternatives to reduce dependence on grid
- 5. how to use your wet waste (eg fruit & veg cuttings, cooked food & garden cuttings) to make compost
- 6. eco-friendly toys, nappies & baby/toddler personal care products
- 7. water-saving information and equipment
- 8. how to become more self-sufficient and reduce household impact on resources & pollution
- 9. how to reduce household electricity consumption
- 10. how to reduce household water consumption
- 11. how to use the Talent Exchange instead of money
- 12. how to start your own veggie garden
- 13. the dangers of genetically modified food & the ingredients in processed foods
- 14. none of these
- 15. OTHER - please write in:

Which of the following, if any, would you be interested in? Please tick all the statements relevant to you.

- 1. a short workshop to learn about the 3 easy things you can do for each of the 4 pillars of sustainability
- 2. detailed workshops on specific pillars of sustainability, to help you reduce your environmental impact, save money & develop self sufficiency
- 3. information flyers or email newsletter outlining what to do to live more green-ly
- 4. email invitation to the monthly GREEN Drinks, held on 1st Wed of every month, 18h30-20h00
- 5. weekly coffee morning with speaker, at Health Path, (and which day?)
- 6. regular fresh fruit & veg market day

- 7. a local listings directory of the various Hout Bay businesses supporting sustainable GREEN LIVING
- 8. participating in a co-operative community-based environmental program to make Hout Bay more sustainable eg wind turbine, community garden etc
- 9. a restaurant listing guide of all Hout Bay restaurants proactively supporting the 2010 Zero Waste recycling campaign
- 10. restaurant listing guide of all Hout Bay restaurants using locally produced and/or organic produce
- 11. None of these
- 12. OTHER - please write in:

Finally, thinking of a scale from 1-10, where 1 is not at all and 10 is the maximum, please write in your personal rating for each of the following questions :

- 1. To what extent would you say that your household follows the 3R principles : Reduce, Reuse, Recycle?
- 2. How much are you currently doing at home in order to sustain our planet (and save money in the meantime)?
- 3. How committed are you to making changes in your home environment (if you knew how to), in order to make a difference?

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 Thank you for taking the time to complete this Green Living Survey  
 All completed questionnaires will be entered into a prize draw for 3 Green Living hampers to be drawn on heritage day, 24th September, at 12h00 noon at the East Fort on Chapman's Peak Drive. Winners will be announced in the Sentinel on Friday 1st October 2010.

**Optional : your contact details** - these will be kept strictly confidential and not used for any other purpose other than to enter you into the free prize draw. Please print clearly using capital letters.

Name : \_\_\_\_\_

Address : \_\_\_\_\_

Email address : \_\_\_\_\_

Cell phone number : \_\_\_\_\_

Landline number : \_\_\_\_\_

If you would be happy for Green Living to add your email to our green newsletter mailing list, please sign in this box



Survey 2010

*Making it easier for Hout Bay to be SA's Greenest Town*

Hout Bay is already the most responsible recycling suburb in Cape Town to date, leading with 97% of Valley households supporting the City of Cape Town's recycling programme. We believe it's time to expand our goal and become the **Greenest Town** in the country.

**The purpose of this Survey:** To raise awareness, to provide households & businesses with actions for sustainability and to gather information about what is needed to help facilitate a greener, more self sufficient way of life.

**Why go green?** The need for communities to take responsibility for their own sustainability is becoming ever more important in a world facing resource shortages, economic instability, unpredictable weather and solar activity - perhaps even the possible interruption of basic services.

A community willing to take on an attitude of self-sufficiency, will be in a far better position to deal with these possibilities. It will also save you money in the long run, reduce pollution and landfill and ensure better health.

**Please complete this simple survey to help us make it easier for you to adopt some green choices**

Tick the boxes, tear off slip and keep it on your fridge. Three lucky numbers announced on Heritage Day Sept 24<sup>th</sup> will win a hamper of useful, eco-friendly products.

**Where to post it?**

Green Living collection boxes at The Health Path, Checkers, Spar, Schools, The Library and the Post Office. Or use the online version at our website [www.greenliving.co.za](http://www.greenliving.co.za) and pass this one on to a friend

**Green Living @ The Health Path**

a free information hub by community volunteers

Thanks to WastePlan for sponsoring printing and delivery of this survey.



# THE 4 PILLARS OF SUSTAINABILITY

*ideas for being part of the solution*

## ZERO WASTE *...nature knows no waste*

- Re-use & Recycle clean dry, paper, plastic, tin, bottles
- Create compost from kitchen scraps
- Drop off hazardous waste at collection points
- Consider packaging in your shopping choices
- Avoid plastic bags – take your carrier

## WISE WATER *...every drop counts*

- Buy chemical free cleaning products
- Reduce toilet flush with dual-flush system
- Harvest rainwater from roof into tanks
- Install a greywater system to water your garden
- Place bucket in sink, use water on garden
- Grow water-wise plants
- Fit water-saving showerheads

## EFFICIENT ENERGY - .... *cheaper and cleaner*

- Boil exact amount for water and turn off lights
- Get a hot box to reduce cooking time
- Buy/make a geyser blanket to save electricity
- Eat more raw food (great for health too)
- Invest in a money-saving solar geyser
- Consider solar panels or a wind turbine

## LOCAL FOOD *...ensures food security*

- Grow your own sprouts and vegetables
- Plant fruit and nut trees and hedges
- Support local food growers
- Offer some land for growing food
- Support local cottage industries

**Green Living @ The Health Path**

**41 Victoria Ave, Hout Bay**

**082 318 3308**

[info@greenliving.co.za](mailto:info@greenliving.co.za)

[www.greenliving.co.za](http://www.greenliving.co.za)



**1. Thinking about the 4 pillars of sustainability, which of them, are you already doing something about? - in your home and at work? And which, would you be interested to learn more about?**

|                  | At Home                  | At Work                  | I want to learn more     |
|------------------|--------------------------|--------------------------|--------------------------|
| Zero Waste       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Water Wise       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Efficient Energy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Local Food       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| None of these    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**2. What do you personally believe to be the reasons for supporting sustainable living - why would you make an effort to conserve / preserve our resources?**

*Please tick all the statements relevant to you.*

1. save money
2. conserve water & other scarce resources
3. reduce global warming
4. delay the landfills from filling up
5. educate my children/ friends/community
6. set an example to others
7. be "non-dependent on the system"
8. do the right thing
9. leave a legacy for the next generation
10. buck the corporate, capitalist system
11. save the planet
12. none of these

**3. What are you currently doing for sustainable living? What would you like to do if you knew more about it? Please tick all the statements relevant to you.**

|                                                                                          | Doing                    | Like to do               |
|------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. place clean recyclables into the clear bags every week                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. garden refuse to Hout Bay recycling station next to IY                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. have a compost bin and/or worm farm                                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. buy organic food (fruit, veg, non-perishables, grains) or order an organic box online | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. grow your own veggies / fruit / herbs                                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. collect rainwater in tanks                                                            | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. recycle pool backwash                                                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. have a grey water system                                                              | <input type="checkbox"/> | <input type="checkbox"/> |

|                                                                                     | Doing                    | Like to do               |
|-------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 9. have dual flush toilet / brick in cistern to reduce wasted water volume per fill | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. have a solar water heater                                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. use biodegradable non-toxic cleaning products to safely reuse water in garden   | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. plant indigenous, water-wise trees & plants                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. have geyser timers and/or blankets to reduce electricity needed to heat water   | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. turn off unused lights & appliances to reduce electricity usage                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. reduce consumption of red meat and/or eat more vegetarian / vegan meals         | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. none of these                                                                   | <input type="checkbox"/> | <input type="checkbox"/> |

**4. what is the SINGLE main reason why you are not doing any of this / not doing more?**

*Please tick one only.*

1. I don't know what to do
2. I don't know who can help me to install whatever I need
3. I don't know what products I need to buy
4. I don't have the time - and it's too much effort
5. I don't believe that my efforts will help make a difference
6. None of these

**Which one statement best describes your current interaction with the GREEN LIVING shop (now located at The Health Path on Victoria Road, - previously next to Spiros)?**

1. I've never heard of the GREEN LIVING shop
2. I've heard of it but have never gone there
3. I've been in there once and didn't like the concept and would never go again
4. I've been in there once or twice and like the concept, but haven't really bought anything
5. I pop in regularly to see what's new and for information, but don't really buy from there
6. I shop there regularly, for food & household groceries
7. None of these