

Sustainability Lifestyle Assessment Matrix

Value	Sub-value	0	1	2	3	4	5
		White	Pastel Green	Light green	Mid green	Dark Green	Deep green
1. We make the most of the water we have	1.1 Water use	No effort at water saving or re-use, it just comes out of the tap and goes down the drain	We have fitted a low volume shower nozzle and make sure we fix leaks quickly	We have made some gains on reducing water usage like shorter showers and using a broom instead of the hose to clean the path; grey water is re-used on the garden	We save and re-use water where we can - shorter showers, use buckets to hold water until it comes through hot then use on the garden; we buy low water use appliances such as front loading washing machine	We have implemented all water saving and re-use strategies we can and source some of our water from sustainable supplies.	All water comes from sustainable sources such as rainwater tanks and is treated and re-used on site.
	1.2 Sewage	The toilet is single flush and we flush every time the toilet is used	The toilet is dual flush and we use the appropriate flush cycle every time the toilet is used	The toilet is dual flush but we generally don't flush at night and during the day we practice "if it's yellow let it mellow if it's brown flush it down".	Urine is recycled/used on site, Faeces is flushed	We have a composting toilet but the output is treated or buried off site	We have a composting toilet/seep away septic system/other sustainable toilet system and any output is treated or buried on our site
2. We don't waste energy	2.1 Energy Use	No thought is given to energy uses	We have changed the lightbulbs to fluorescent, turn off appliances when we can, checked seals on fridge and freezer, we have sealed drafts where we could	Energy consumption is considered when buying large appliances; we use some low energy consumption techniques such as low energy cooking using stored heat, steaming etc	We buy the lowest energy consuming large appliances we can afford. We put on clothing rather than the heater and wash in cold water.	We mostly cook using solar appliances and low energy consuming methods (stored heat, woks, pressure cookers)	All energy used is obtained/harvested on our site for cooking and heating and efficiently used using low energy cooking techniques etc.
	2.2 Energy Generation: Electricity Gas etc.	All energy sourced from non-renewable sources	Energy is all obtained from off site, a mix of renewable and non renewable sources	All energy is derived from off site but renewable resources	Some energy is generated on site (wind/photovoltaics or direct solar heat) the rest is a mix of renewable and non-renewable resources from off site.	Most energy is generated from on-site systems with the remainder of the off-site energy sourced from renewable resources	All energy is generated on site
	2.3 Energy Conservation	House is uninsulated	Roof insulation is in place	Roof walls and where appropriate, floor insulation	Roof walls and floor (where appropriate) are insulated, windows are double glazed, shuttered or otherwise insulated	House is super insulated or constructed of low transmission materials such as straw bales or mud bricks	As well as insulation, passive solar design is included in the house.
3. We are mindful of where our food comes from		All food is bought in and no thought is given to the source	We grow a few herbs and a small amount of vegies, using commercial seedlings, the rest is sourced from a supermarket	We are growing a percentage of our food from our own seedlings and some is sourced from organic sources but most we buy in the supermarket.	Some food is home-grown, some is sourced from local growers/organic or farmers markets, some is bought in without too much worry about the source	As much food is grown/produced on site as possible, the remainder bought from local organic sources or farmers markets.	All food is produced on our home site using organic/permaculture principles; we barter or give away excess to neighbours
4. We use eco-friendly transport		A car is the transport of choice and it's a V8!, usually with one person per trip. We fly whenever we can.	We occasionally try and walk or bicycle on short trips to save fuel, but primary transport e.g. to and from work is by car, we are looking at getting or have a smaller more fuel efficient car. We do still fly sometimes on holiday or business trips	We car pool to reduce car usage to and from work, bicycle or walk where possible, but use the car on other occasions.	Public transport, walking and bicycle are the transport of choice with some use of a car when needed. Fuel consumption is the main consideration when buying a new car. We limit flying to unavoidable trips.	Sustainable travel is used almost exclusively, we have a car but it is mainly used to transport large items, many people or just to the train station etc.	We don't own a car, public transport, walking and bicycle are the only forms of transport used. We don't fly on principle
5. We limit our waste		There is no thought given to packaging when items are bought, we don't compost or recycle; our waste goes in the bin, out of sight out of mind.	We recycle using the council system but haven't reduced our waste at all and still don't compost	We are starting to think about waste reduction, and are recycling as much as we can. A composter or worm farm is on the horizon.	When making purchases we consider the waste materials involved, we don't use plastic shopping bags, we have a composter and/or worm farm	We recycle all recyclables and buy in bulk to reduce packaging. We compost or worm farm and grow food so that any waste putrescible is recycled. Waste generation/package materials are considered for all major purchases	We recycle all recyclables and buy in bulk to reduce packaging. We compost or worm farm and grow food so that any waste putrescible is recycled. Waste generation/package materials are considered for all purchases
6. We are conscientious consumers		Stuff, gotta have lots of stuff, even if we don't use it. Retail therapy and lots of it. We don't consider where the stuff comes from or how it is produced.	We have thought about reducing the amount of stuff we buy, but keeping up with fashion and the Jones's makes it difficult.	We think about our purchases before we buy and try and get the best quality we can	We think about our purchases before we buy and try and get the best quality we can from local producers. We usually buy Australian made or second hand	We only buy the goods that we have to, usually Australian made or second hand where possible.	We produce as much as we can ourselves. What we don't produce ourselves we buy from local artisans and ethical local producers, barter or buy second hand.
7. We are committed to making our community sustainable		We keep to ourselves and that's the way we like it	We do occasional talk to our neighbours about environmental subjects	We talk to our neighbours about what we are doing to increase our level of sustainability.	We get involved with our neighbours on projects to enhance each others sustainability such as a vegie garden or tree planting	We give our time to projects that enhance our sustainability and our area such as a community garden or "Clean up Australia"	We have started local initiatives to enhance our sustainability such as a community garden or relocalisation group
8. We buy, value and care for our clothes sustainably		We buy cheaply and discard easily, we really don't give much thought to where our clothing comes from or who makes it, so long as it's cheap.	We do occasionally consider the environmental impact when buying new clothes and machine wash after each use.	We buy new clothing from ethical/sustainable brands where we can. We do some mending.	We buying clothing second hand or sustainable/ethical brands, we mend damage clothing and only wash when the clothes are dirty.	We share clothing with friends and relatives regularly, wash when necessary and use techniques to freshen clothes to extend times between washing. We mend and make some clothing ourselves.	We don't buy new clothes. We buy second hand or share with friends or family, we extend the life of our clothes by mending & using appropriate cleaning techniques. We wear what we have..