

## APPENDIX - V

Goods/Materials Considered for Buying, Consumption and Waste Disposal Practices And Environment Friendliness if the Alternatives Provided

Goods for Buying Practices Environment Friendliness of the Alternative

Most Somewhat Least

A. Same/Similar product in Various Packaging

1. Cooking Oil	Tin Container	Plastic Bottles or Jars/bags	Tetrapack
2. Cofee Powder	Glass containers	Loose	Refill pack
3. Hair oil	Tin containers	Glass Bottles	Plastic Bottles
4. Cold Drinks	Glass Bottles	Sometimes Glass, Sometimes paper packs.	Paper Pack
5. Foodgrain in gunny bags.	Jute	Plastic	Jute lined with plastic
6. Dry product in general	Recycled or reused paper	Fresh paper	Polythene bag

B. Throw-away or Re-usable Items

1. Ball pen	Re-usable	Any kind	Disposable/throw-away
2. Disposable plates/cups, etc.	Leaves of tree	Paper	Plastic
3. Shopping bag	Carrying one's own bag	Accepted plastic bag only if necessary.	Use only plastic bag provided by shopkeeper
4. Gift-wrapping paper	Do not wrap	Use old one	Use new one

Goods for Buying Practices Environment Friendliness of the Alternative

Most Somewhat Least

C. Household Utensils/ Appliances

1. Fuel efficiency of base material of utensil	Always consider	Consider sometimes	Do not consider
2. Expected electric consumption o equipment	Always consider	Consider sometimes	Do not consider
3. Plastic bucket	Recycled plastic	Virgin plastic	Do not bother

D <u>Detergent</u>	Does not contain phosphate	Buy any kind	Do not know about phosphate
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Goods Selected for Consumption Practices	Environment Most	Friendliness of the Somewhat	Alternative Least
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A. Plates, Cups etc. made of different base materials

1. Plates	Tree leaves	Glass/St. Steel/ durable plastic	Paper
2. Napkins	One cloth napkin Common for all	Cloth napkin For each guest	Paper napkin For each guest
3. Cups	Barthen ware	China/steel/malamine	Disposable plastic cups

B. Paper

1. Paper for rough work	No use/use state	Old note books/ second-hand paper.	Fresh papers/ Note books
2. Paper for writing letters	Write maximum possible	Small paper to write few lines	Large paper to write few lines.
3. Greeting cards received	Preserved for ever	used as book mark/ shoppint list etc. and laer thrown away	Thrown away

C. Fuel and Electricity

1. Intensity of flame on boiling liquid.	Always reduce flame	Reduce sometimes	Do not reduce
2. Lighting burner during pre-preparation	Light only when ready	Put the vessel on low flame	Leave stove burning
3. Use of pressure cooker	Always use	Use sometimes	Do not use

Goods Selected for Consumption Practices	Environment Most	Friendliness of the Somewhat	Alternative Least
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4. Use of flat bottom pan	Always use	Use sometimes	Do not bother
5. Small/large burner	Use small burner	Use small burner sometimes	Use large burner
6. Cleaning gas burner	Daily/alternate days	Once a week	Only when low/ red flame is seen.

7. Placing lid on cooking vessel	Always place	Place sometimes	Do not place
8. Heating refrigerated food before reusing	Allow food to reach room temperature	Sometimes heat immediately	Heat immediately
9. Soaking foodgrains before cooking	Always soak	Soak sometimes	Do not soak
10. Warming food before meals	Have meals together, heating once.	Warm food kept in insulated containers	Have meals at different times heating food each time
11. Switching off unneeded lights and fans	Always switch off	Switch off fan, not lights	Do not bother to switch off

D. Insecticide

1. Control cockroach	Household techniques	Insecticide powder	Insecticide spray
2. Protector from mosquito	Use net	Burn 'Need' leaves	Use insecticide repellent "mat".

E. Use of Empty Containers

	Used again	Sold	Thrown in garbage
Disposal of Waste Material	Environment Most	Friendliness of the Alternative Somewhat	Least

A. Paper

1. Bits of waste paper	Collected and burnt	Thrown in dust bin	Thrown out of window
2. Gift wrapping paper	Collected for reuse	Collected sometimes only	Torn and thrown

B. Plastic Milk/Shopping/Packaging bag

1. Plastic milk bag.	Sold	Reused in home	Thrown
2. Shopping/packaging bag	Reused or sold	Thrown in dust bin	Torn and thrown anywhere

C. Empty Bottles and Tin

1. Bottles of glass/plastic	Reused	Sold	Thrown away
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2. Tins of pesticide	Sold	Disposed carefully	Disposed with other household waste
D. <u>Throw-away Cups and Plates</u>	Sold	Thrown in garbage bin provided by Municipality	Thrown in open space near house
E. <u>General Waste Material</u>			
1. Waste material of plastic, glass, paper, tin etc.	Collected separately and sold	Collected separately and thrown seperately	Thrown altogether in dust bin
2. Waste paper/packet after consuming eatables in parks or on road side	Definitely thrown into garbage bin	Thrown into garbage bin only if available nearby.	Left behind on the road/park