



# Practical Sustainability in the Home

**Ways to replace consumer products with simple,  
safe household alternatives to benefit both you and  
the planet**

For community groups, meetings, social gatherings, work-place, etc.

***Environmental responsibility starts in the home:*** In 1990 a mere 600-800 products lined the supermarket shelves. Today there are 30,000 - and increasing every day. A huge drain on planetary resources with no end in sight. A life-style we cannot afford to live.

**Why use alternatives?** It's safer - less chemicals  
Better for the environment - less chemical residue,  
less containers, reduces use of Earth's resources  
Saves money - it's cheaper!  
Builds self-reliance and environmental responsibility

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*"I offer a fun, informative 20-30 minute session making and talking about all the amazing uses for 'alternatives' in the home – bicarb soda, vinegar, soap, eucalyptus oil, herbs, etc. - for cleaning, household use, body care, skin care, chemical free living & more. Includes free samples and information sheet. Recipe sheets & sample products for sale"*

**Pam Marshall – The Self-Sufficiency Shoppe**

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**Also available: A range of Practical Sustainability Workshops on topics such as Green Cleaning, Natural Skin Care, Chemical free living, Natural alternatives, etc.**