



Green Cleaning Workshop - Normanville

Environmental Responsibility Begins in the Home

Sustainability Workshops

**Green Cleaning - Natural Skin Care - Chemical Free Living – Environmentally
Friendly Living – Recycling - and more**



Natural Skin Care - Victor Harbor

I've been running environmentally friendly workshops for Councils and Community Centres since 2005.

I'm available to run workshops in your local area for residents on various topics. Most popular workshops being: Natural Skin Care, Green Cleaning, Soap-making, Old Time Kitchen Skills and Make Your Own Hair and Body Products.

Workshops are very popular I have a list of email recipients waiting to do workshops in their local area.

My fee is: \$190.00 per 2 hour workshop – plus \$5 per person for materials (for their take home products). No other costs – other than petrol for long distance travel to areas outside Adelaide metro. if applicable. Fee is reduced to \$170 per workshop if booking for a series of more than three workshops at same venue.



Old Time Kitchen Skills
Clarence Park Community Centre

For more details about workshops go to:

www.theshoppe.com.au

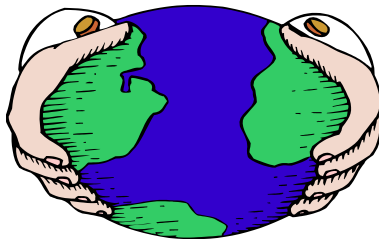
email: pam@theshoppe.com.au or
phone 08 8374 2531 for more information to
arrange a workshop booking date.

Looking forward to talking to you.

Pam Marshall (The Self-Sufficiency Shoppe)



Take home samples
Hair & Body Products Workshop



LIVING IN HARMONY WITH THE PLANET Workshops

Emphasis on safe, economical and environmentally responsible alternatives to commercial products

Natural Skin-Care Workshop - Make your own skin-care products from the kitchen and garden: cleansers, scrubs, astringents, moisturisers, lip salve, hand care and bath products.

Green Cleaning Workshop – Cleaning with 4 basic ingredients: bi-carbonate of soda, vinegar, pure soap, eucalyptus oil. Safely, cheaply and easily!

Natural Hair & Body Products Workshop - Make your own deodorants, hair care products (shampoos, conditioners, rinses and dyes), foot care products, mouth washes and tooth-powder.



Soap-Making & Recycling Soap Workshop - From basic soap-making to making soap products, cleaning products and liquid soap. Environmentally friendly alternatives to detergents and cleaners.

Practical Sustainability in the Home Workshop - Safe practical alternatives to common household products using what's available in the house and garden – vinegar, bicarb soda, herbs, soap, eucalyptus oil, rice flour, etc.



Ways With Herbs Workshop - The many amazing uses for common garden herbs – culinary, skin and hair care, deodorising, insect repellent, therapeutic. Includes making perfumes and scents.

Old Time Kitchen Skills Workshop - Rekindling forgotten and practical kitchen skills – making butter, yoghurt, jams, preserves, herbs in the kitchen, homemade spice blends, sprouts, plus various food sampling.

Backyard Self-Sufficiency Workshop - Simple backyard or container vegetable growing, recycling in the garden, composting, environmentally friendly and cost saving techniques, from 'kitchen to garden'



New Workshop!

Preserving Food: Making Jams, Pickles & Chutneys

Preserving skills and tips from the past using backyard produce or when cheap (in season). Hands on session with take home samples. (Kitchen work-area required for this workshop)

Environmentally-friendly Gift-Making Workshop - Using easy-to-find and recycled ingredients – personal gifts, soap, body power, scented gifts and kitchen gifts.

Surviving the Hard Times Workshop - Options for surviving money shortages. Includes environmentally friendly techniques, recycling and practical skills.

Recycling for the Planet Workshop - Practical and money saving ways to recycle in the home and garden using common household containers and waste.

Workshops for Children (and adults) - *Practical easy-to-follow workshops that build creativity, educate and encourage recycling:*

Practical Candle-Making - Making candles from recycled materials – easy and low cost techniques.

Recycling Soap - Turning soap scraps or a simple bar of soap into a range of soap products.

Simple Paper-Making - Paper-making using recycled paper – newspaper, photocopy paper, brown paper etc.)



Other workshops suitable for children: Natural Skin Care/Body Products (safe and chemical free options) - Old Time Kitchen Skills (discovering kitchen skills of times past) - Practical Gifts to Make (safe and environmentally friendly gifts)

For Mothers and Babies

'Eco-Baby' - Practical Baby Body Care - Safe chemical free options for babies. Environmentally friendly and money saving. (1 hour)

Workshop Information:

- ♦ *Emphasis on safe, economical and environmentally responsible **alternatives to commercial products.***
- ♦ *Workshops are 'hands-on' and include **take home samples, demonstrations and practical exercises.***
- ♦ *Recommended **workshop duration: 2 hours** (unless otherwise stated)*

♦ Please bring **minimum 2-3 clean recycled jars** to every workshop - unless otherwise stated.



For Bookings & Enquiries: Pam Marshall (08) 8374 2531
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