

What is an “Eco Family”?

Simply put, an Eco Family is a family that strives for an eco-friendly lifestyle. By “committing” to a number of the eco friendly lifestyle changes listed below, people will aim to reduce the carbon footprint by 1kg per person.

All families participating in this eco friendly lifestyle change will receive an Eco Family Certificate. Registration is free.

Toyohashi Eco Family Commitment Form

We agree to commit to changes in order to conserve limited resources, to review our lifestyles to become eco friendly, and leave earth in good shape for the future generations.

List of eco friendly lifestyle changes (mark the item by leaving a circle on the right column)		Commit
1	Raise the AC temperature by 1 degree, lower the heater’s temperature by 1 degree.	
2	Lower the heating setting for electric carpets and kotatusus.	
3	Clean the AC filter periodically.	
4	Switch off any unnecessary lighting.	
5	Switch off any unused electronics regularly, or pull the power cord out of the outlet to reduce passive usage of electricity.	
6	Spend time together in the same room with your family in order to reduce the use of multiple lights and the air conditioner.	
7	Choose the tv programs you want to watch, do not leave the tv on unnecessarily.	
8	Turn the water temperature down on your bidet, and close the lid after each use.。	
9	Do not put many things in your fridge. Reduce opening and closing the fridge door.	
10	Make sure to conserve water by regularly closing the tap when brushing your teeth.。	
11	Take baths in turn without any time in between.	
12	Reduce time spent in shower by 1 minute.	
13	Use the left over water after taking a bath.	
14	When driving, accelerate slowly in order to conserve petrol.	
15	Make sure the tire pressure is appropriate.	
16	Take your own shopping bag, and choose vegetables that have minimal packaging.	
17	Try and walk, cycle, or use public transport when going outside.	
18	If you are not going to use the kettle for a long time, pull the plug.	
19	Use a microwave to pre-cook the vegetables.	
20	Use a white fluorescent lamp.	
21	Plant a vine-type plant to create a green curtain and create a green space on your roof.	
22	Use the Environmental Account Book to commit to an eco-friendly life.	
Please tell us about unique ways you have contributed in the eco-friendly lifestyle here:		

フリガナ		Date of Birth		Number of people in the household	
Name					人
Address	〒	—	Toyohashi-shi		
Tel	()	—		

How and when to submit/post to Toyohashi Office for Measures Against Global Warming (〒440-8501 Address not required)、F A X (56-5126)、e-mail: ondanka@city.toyohashi.lg.jp