



Ecological footprint

Calculate your ecological footprint

15 questions will measure your lifestyle

Have you ever wondered how your lifestyle impacts on the environment? You can think of your impact like a footprint that you leave upon the Earth. Many resources are needed to accommodate your lifestyle needs - food, transport, housing/energy, waste and consumer goods and services.

This ecological footprint calculator will estimate the size of your personal footprint. Your footprint is the number of hectares needed to provide the resources to support your lifestyle.

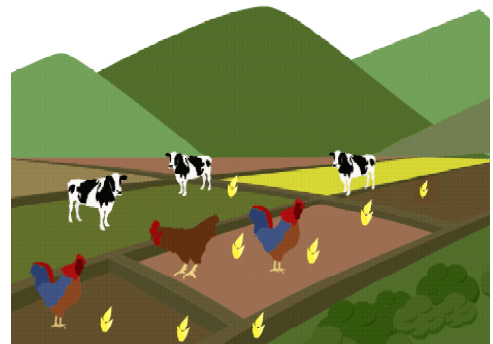
REMEMBER - the larger your footprint the more of the world's finite resources are needed to help support you and your lifestyle.

Download this form and answer the following questions as accurately and as honestly as possible. When you have done that, go to www.environment-agency.gov.uk/fun/370863/ and fill in the on-line footprint to calculate your personal footprint.

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Q1. How often do you eat animal based products?

- Never (*vegan*)
- Infrequently (*strict vegetarian – no meat, eggs/dairy a few times a week*)
- Occasionally (*no meat or occasional meat, but eggs dairy almost daily*)
- Often (*meat once or twice a week*)
- Very often (*meat almost daily*)
- Almost always (*meat and eggs/dairy in almost every meal*)



Q2. What proportion of the food you eat is fresh and locally sourced?

- Very little
- 25%
- 50%
- 75%
- Most



Locally sourced food is food that is grown and produced in the UK. The country of origin should be on the packaging. Loose fruit and vegetables will have this information on the shelf price tag.

Q3. What type of vehicle does your household use and what type of fuel does it use?

- Motorbike
- Small car:
 - petrol
 - LPG
 - diesel
- Medium car:
 - petrol
 - LPG
 - diesel
- Large car:
 - petrol
 - LPG
 - diesel
- 4x4 / people carrier



Most vehicles fall into one of 4 categories – motorbike, small car (eg mini, fiesta), medium car (eg Mondeo, Golf), large car (eg Audi, Volvo) or a people carrier or 4x4. LPG (Liquid Petroleum Gas) is a cleaner, greener alternative to petrol or diesel which is what most vehicles run on.

Q4. What distance does the family car(s) travel each week?

You can calculate your car usage by checking the odometer (the dial on the dashboard that tells you your mileage). Account for all journeys including travelling to school / work and to the shops etc.

If you have more than one car add the totals together.

To convert miles to kilometers multiply the number of miles by 1.61.

Eg 10 miles x 1.61 = 16.1 kilometers

Q5. How far do you travel by public transport each week?

Q6. How far do you travel by aeroplane each year?



Q7. How far do you travel each year by water (ferry, cruise ship, motorboat)?

Q8. How much waste does your household produce each week that goes to landfill?

Waste is everything you put in the bin. This excludes anything you put out for recycling or anything you compost.

- Full plastic carrier bag – 3.5kg
- Full bin bags or dustbins – 15kg
- Full wheelie bin – 30kg

Use bathroom scales to get an accurate weight.



Q9. Roughly how much waste does your household recycle each week?

The most common items to recycle are paper, glass bottles or jars and aluminium cans. Before you put your recycling out to be collected or take it to the recycling banks weigh it on the bathroom scales.

Q10. Roughly how much waste does your household compost each week?

Composting is the breaking down of organic matter. You can compost vegetable peelings, fruit peelings, leftover salads and most other leftover fruit and vegetables.



Q11. How much do you spend on consumer services each month?

Consumer services are things you spend your money on in your leisure time such as going to the cinema, museums, restaurants, bars, hotels and leisure parks. (Do not include education, utility bills and grocery shopping)



Q12. How much electricity does your household use each year (exclude any renewable, 'green' energy)?

kWh

£

You can work out your annual consumption by looking at your last electricity bill. It will tell you how much you have used for a specific period, usually by the number of units or the cost, you can then multiply it by four to get a years average.

Q13. How much gas does your household use each year (include mains gas and any LPG)?

kWh

£

You can work out your annual consumption by looking at your last gas bill. It will tell you how much you have used for a specific period, usually by the number or the cost, you can then multiply it by four to get a years average.



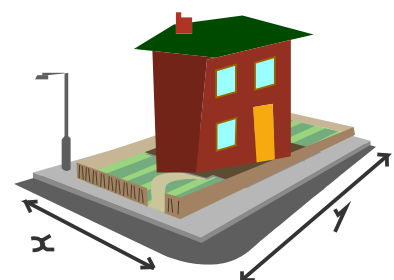
Q14. How much heating oil or coal does your household use each year?

kWh

£

Q15. What is the approximate land area occupied by your home (exclude any are set aside for food production or managed for nature conservation)?

M²



To measure the amount of land your home occupies, measure the length of the garden and multiply that by the breadth of the garden. If you do not have a tape measure to measure your garden you can estimate the area in square meters by taking giant steps. For each big step you take, this will be equal to 1 metre. If your garden is not square or rectangular you will need to estimate the land area. If you live in a flat then divide the land plot (including any amenity space) by the number of flats. Any land used for production or set aside for wildlife protection should be excluded.