

My Personal Ecological Footprint

Circle the number in the right column that corresponds to your answer.

I. Housing	
a) How many people are in your household?	
i) 1	(30)
ii) 2	(25)
iii) 3	(20)
iv) 4	(15)
v) 5 or more	(10)
b) How is your house heated?	
i) natural gas	(30)
ii) electricity	(40)
iii) oil	(50)
iv) renewable (solar, wind)	(0)
c) How many individual faucets (total of all taps in your kitchen, bathrooms, laundry room, and outside) and toilets do you have in your house?	
i) less than 3	(5)
ii) 3-5	(10)
iii) 6-8	(15)
iv) 8-10	(20)
v) more than 10	(25)
d) What type of home do you live in?	
i) apartment/condominium	(20)
ii) house	(40)
II. Food	
a) How many meals per week do you eat meat or fish?	
i) 0	(0)
ii) 1-3	(10)
iii) 4-6	(20)
iv) 7-10	(35)
v) more than 10	(50)

b) How many home-made meals do you eat per week (including those you bring to school/work)?	
i) under 10	(25)
ii) 10-14	(20)
iii) 14-18	(15)
iv) more than 18	(10)
c) When purchasing your food items, does your family try to buy locally produced goods?	
i) yes	(25)
ii) no	(125)
iii) sometimes	(50)
iv) rarely	(100)
v) don't know	(75)
III. Transportation	
a) If you or your family own/use a car, what type of car is it?	
i) motorcycle	(15)
ii) small compact	(35)
iii) mid-sized	(60)
iv) full-sized	(75)
v) sports utility vehicle or mini-van	(100)
vi) pick-up truck or full-size van	(130)
b) How do you get to school/work?	
i) car	(50)
ii) public transit (bus, streetcar, subway, train)	(25)
iii) school bus	(20)
iv) walk	(0)
v) bicycle or rollerblade	(0)
c) How many trips do you make per week on public transit that you would have otherwise used a car?	
i) 0	(50)
ii) 1-5	(40)
iii) 6-10	(30)
iv) 11-15	(20)
v) more than 15	(10)

d) Where did you go on vacation within the last year?	
i) no vacation	(0)
ii) Florida	(10)
iii) outside Florida, but within the United States	(30)
iv) Canada / Mexico	(40)
v) outside North America	(70)
e) How many summer weekend trips do you take by car (e.g., going to a cottage, camping etc.)?	
i) 0	(0)
ii) 1-3	(10)
iii) 4-6	(20)
iv) 7-9	(30)
v) more than 9	(40)
IV. Purchases	
a) How many large purchases (e.g., stereo, TV, VCR, home computer, car, furniture, fridge, stove, etc.) has your household made in 2004/2005:	
i) 0	(0)
ii) 1-3	(15)
iii) 4-6	(30)
iv) more than 6	(45)
b) Have you bought any more energy-efficient products in the past year (e.g. light bulbs, fridges, stoves, furnaces)?	
i) yes	(0)
ii) no	(25)

V. Waste	
a) Does your household try to reduce the amount of waste generated in the house (e.g., buying food in bulk, refusing junk mail/flyers, using reusable containers for storage, using natural cleaners)?	
i) always	(0)
ii) sometimes	(10)
iii) rarely	(20)
iv) never	(30)
b) Does your household compost?	
i) always	(0)
ii) sometimes	(10)
iii) rarely	(15)
iv) never	(20)
c) Does your household recycle newspapers, cardboard/boxboard/pizza boxes, fine paper, steel and aluminum cans, glass/plastic bottles and other materials?	
i) always	(0)
ii) sometimes	(10)
iii) rarely	(15)
iv) never	(20)
d) How many garbage bags of waste do you leave at the curb each week for pick up?	
i) 0	(0)
ii) one half-full garbage bag	(5)
iii) 1	(10)
iv) 2	(20)
v) more than 2	(30)
Your Score _____	
Using this score, determine your ecological footprint from the list on the following page. The last page is yours to take; use it as a guide to improve your practices and lessen your impact on the earth.	

Estimating your Ecological Footprint

Total your score by adding up the circled values from the above questions.

For an estimate of your Ecological Footprint based on these questions use the key below.

From the information collected in this questionnaire, your estimated "personal" ecological footprint is:

Your score = _____

- I. If your score is less than 150 your Ecological Footprint is smaller than 10 acres.
- II. If your score is 150-350 your Ecological Footprint is between 10 acres and 15 acres.
- III. If your score is 350-550 your Ecological Footprint is between 15 acres and 20 acres
- IV. If your score is 550-750 your Ecological Footprint is between 20 acres and 25 acres.
(The U.S. National Average)
- V. If your score is more than 750 your Ecological Footprint is greater than 25 acres.

What are the top four things we can do to reduce our footprints?

Consider the environment during all daily activities:

- 1) Reduce water and energy consumption and install water- and energy-efficient devices at home and at work.
- 2) Use alternative modes of transportation (e.g., walking, cycling and public transportation).
- 3) Buy fresh food that is locally produced.
- 4) Practice the 3Rs. **Reduce** consumption by doing more with less. Eliminate unessential purchases and, when necessary, buy durable locally produced products with little or no packaging. **Reuse** items as much as possible and donate items no longer used to local charitable organizations. When a product is no longer useful in its current form, **Recycle** it. Consider whether or not the material can be recycled in your local recycling program when making purchasing decisions and remember that recycling alone is not enough. Buy products that are made with the materials that are collected in your recycling program and close the loop by **Buying Recycled**.

Footprint *Facts & Tips*

If everyone on Earth lived as we do in Sarasota County, we would need **5 planets** to provide the natural resources to meet our demands for food, energy, goods and services.



Energy

To balance the pollution we produce through our energy consumption (non-vehicle), each resident would need to plant approximately **3,000 trees**.

- Buy ENERGY STAR™ appliances and electronics
- Replace incandescent light bulbs with compact fluorescent bulbs
- Use programmable thermostats

Food

To provide for our county's food needs, each household would need to manage an 11 and 1/2 acre farm.

- Buy locally grown food
- Eat more vegetables and grains and less meat
- Buy organic food (pesticide free)

Goods & Services

Everyday products and services require raw materials from all over the world. Sarasota County relies on approximately **1.7 million global acres** to supply its current demands for goods and services.

- Consume less
- Buy locally-made, recycled and reused goods
- Make environmentally sound choices

Housing

Housing choices can make a huge difference in the way we impact our community and the environment.

- Build smaller, more efficient houses
- Buy locally-made, recycled and reused building products
- Choose building products that are energy efficient

Transportation

The average resident who drives 14,000 miles per year would have to plant 4 acres of forest land or **880 trees** to absorb the carbon dioxide (CO₂) emitted from their vehicle.

- Buy more fuel efficient vehicles
- Buy a hybrid vehicle
- Walk, bike, ride a bus or carpool

Waste & Recycling

While we recycle **50%** of our total waste, this effort improves our ecological footprint by only **3.6%** when compared with our rate of consumption.

- Consume less and buy products with the least packaging
- Buy recycled and recyclable goods
- Recycle more

Water

Only approximately 1% of our available water is potable.

- Incorporate Florida Yards & Neighborhoods criteria in landscaping
- Install low-flow toilets and shower heads
- Use a rain barrel to capture rain water for irrigation during dry periods