

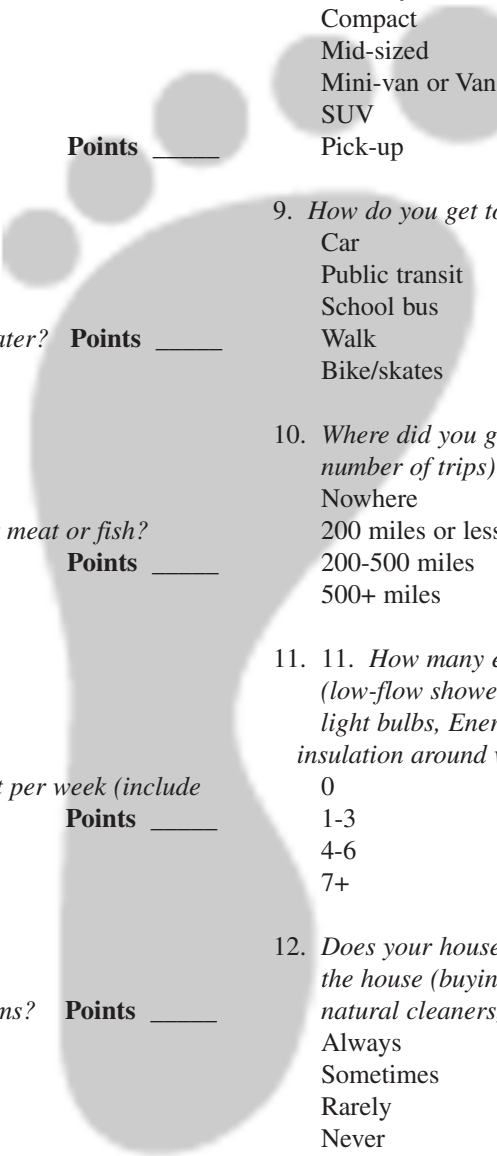
# What is Your Ecological Footprint?

A lifestyle assesment tool from the New Community Project

Ecological Footprint is the amount of the earth's productive capacity a person draws on to meet their consumption patterns. If the world's productive area were divided evenly among the world six-plus billion people, there would be about 5 acres per person. Currently, the Footprint of the avrage person in the world is about 7 acres, meaning that we're already over-budget as a human family. But it gets worse: over 50 of the poorest countries in the world have a per capita Footprint of below 5 acres, while North Americans draw on average 25 acres per person. Another way of looking at this is that if all the world's people lived like North Americans, we would need four more planets to provide for us.

Let's get started on calculating your Ecological Footprint.

## Ecological Footprint Calculation

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1. How many people are in your household? **Points** \_\_\_\_\_

1	30
2	25
3	20
4	15
5	10
6+	5
  2. How is your home heated? **Points** \_\_\_\_\_

Natural Gas	30
Electricity	40
Oil	50
Renewable	0
  3. What is the setting of your hot water heater? **Points** \_\_\_\_\_

Vacation	5
Low Warm	10
High Warm	15
Hot	20
  4. At how many meals per week do you eat meat or fish? **Points** \_\_\_\_\_

0	0
1-3	10
4-6	20
7-10	35
11+	50
  5. How many home-made meals do you eat per week (include packed lunches, etc.) **Points** \_\_\_\_\_

Under 10	25
10-14	20
15-18	15
18+	10
  6. Do you purchase locally-grown food items? **Points** \_\_\_\_\_

Yes	20
No	75
Sometimes	40
Rarely	55
  7. Do you raise vegetables in your own garden? **Points** \_\_\_\_\_

Yes	0
No	20
  8. If you or your family owns vehicles, what type are they (add points for each vehicle)? **Points** \_\_\_\_\_

Hybrid	10
Motorcycle	20
Compact	35
Mid-sized	60
Mini-van or Van	75
SUV	100
Pick-up	130
  9. How do you get to school/work? **Points** \_\_\_\_\_

Car	50
Public transit	25
School bus	20
Walk	0
Bike/skates	0
  10. Where did you go on vacation last year (multiply by number of trips)? **Points** \_\_\_\_\_

Nowhere	0
200 miles or less	10
200-500 miles	30
500+ miles	60
  11. How many energy-efficient features are in your home (low-flow shower head, low-flush toilet, compact florescent light bulbs, Energy Star appliances (points for each one), insulation around water heater, etc.)? **Points** \_\_\_\_\_

0	40
1-3	25
4-6	15
7+	10
  12. Does your household try to reduce the amount of waste in the house (buying bulk food, using reusable containers, natural cleaners, etc.)? **Points** \_\_\_\_\_

Always	0
Sometimes	10
Rarely	20
Never	30

(over)

13. *Does your household compost?* **Points** \_\_\_\_\_  
 Always 0  
 Sometimes 5  
 Never 15
14. *Does your household recycle newspapers, aluminum, glass and plastics?* **Points** \_\_\_\_\_  
 Always 0  
 Sometimes 10  
 Rarely 15  
 Never 20
15. *How many garbage bags of waste do you set out for pick-up weekly?* **Points** \_\_\_\_\_  
 0 0  
 1/2 5  
 1 10  
 2 20  
 3+ 30
16. *When making notes, writing memos or making copies, do you regularly use scrap or one-side-clean paper?* **Points** \_\_\_\_\_  
 Yes 0  
 No 15
17. *Regarding lawn care, you use:* **Points** \_\_\_\_\_  
 Nonmotorized mower 0  
 Electric mower 10  
 Gas-powered push mower 15  
 Riding mower 20  
*and (add to total)*  
 Pesticides/fertilizer 10  
 Frequent Irrigation 10

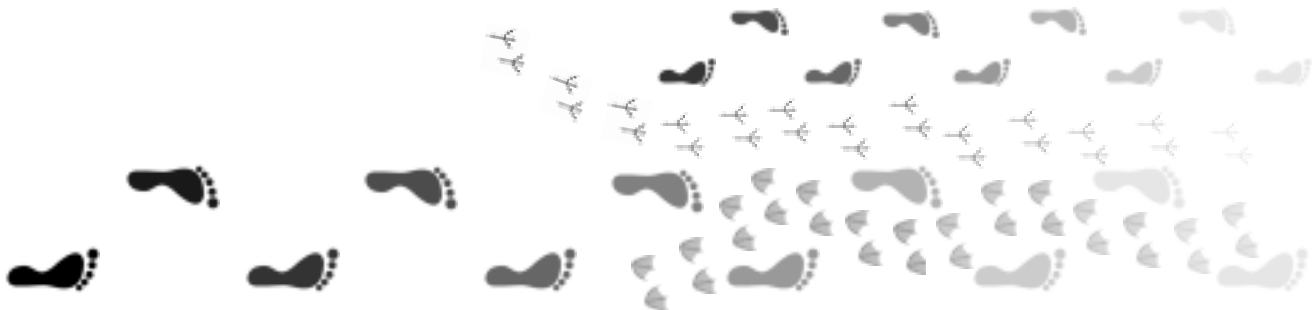
- BONUS SECTION** **Points** \_\_\_\_\_
18. *You have been instrumental in helping an institution such as a church, school or workplace live more responsibly (setting up a recycling program, purchasing paper with high recycled content, ending use of lawn chemicals, having an energy audit, etc.).*  
 Yes -50
19. *You have been instrumental in helping a community or larger network live more responsibly (instigating a community-wide recycling program; bringing a multi-site company on-line for recycling or for purchasing compact fluorescent light bulbs, etc.).*  
 Yes -100
20. *You actively take responsibility for other people's wastefulness (pulling recyclables out of the neighbor's trash; picking up aluminum cans along the roadway; etc.)*  
 Yes -25
21. *Do others sometimes notice and/or comment on your environmentally conscious lifestyle?*  
 Yes -25

Your Score	Footprint in acres
Less than 150	Less than 10
150-350	10-15
350-550	15-20
550-750	20-25
More than 750	25+

**Sustainable Footprint: 5 acres**

## Footprints II

*As I looked back on my life, I could see the footprints I had left as I walked through this world—like footprints in the sand. At first, the prints were deep and distinctive—as if I had been stomping along or carrying something quite heavy. Then, later on, I noticed that they gradually became lighter—and were soon joined by other footprints, both human and animal, walking alongside. “Lord,” I asked, “Why were my feet making such deep imprints for a while, but then became lighter, and seemed to be joined by others?” “My child,” the Lord replied, “in the beginning you had the idea that life consists in the abundance of possessions, and you gathered as much of my earth as you could carry. But then,” the Lord said with a smile, “you finally realized that life is much more than these things—not only lightening your footprint, but lightening your impact on the good earth.” “And the steps beside mine?” “At first there was no room in your world for these others, but after the change...they turned out to be the treasure you had been seeking all along.”*



### New Community Project

Peace through justice/Care for Creation/Experiential learning  
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