

ALL TOGETHER NOW

ACTIVITY: Measure your footprint

From children through to business and government, every one of us has an impact on the world.

This impact is called a 'footprint'. The lifestyle choices we all make affect the quality of our environment. The more resources we use and waste, the larger our footprint. A smaller footprint can make life better for everyone, everywhere.

Find out how big your Footprint really is by answering the following questions.

Home

Number of people

I live with

- a) more than 4 people
- b) 1 - 4 people
- c) by myself

House size

I live in a:

- a) flat
- b) semi-detached house
- c) detached house

Energy source

My electricity comes from:

- a) 'green' electricity or renewable sources
- b) some renewable energy
- c) all non-renewable sources (oil, gas)

Energy efficiency

My home is:

- a) well insulated, double glazed and fitted with energy saving devices
- b) moderately insulated and part double glazed
- c) not insulated and not double glazed

Food

Type of diet

I eat meat or fish:

- a) never (vegan or vegetarian)
- b) 3-4 times a week
- c) at least once a day

Food

I eat processed food:

- a) never
- b) sometimes
- c) mainly

Food waste

On a weekly basis I:

- a) compost all of my kitchen waste

- b) compost some of my kitchen waste
- c) Don't compost kitchen waste

Travel

Main travel mode

I travel mainly by:

- a) foot/bicycle
- b) public transport
- c) car

Air travel

I fly, each year on average:

- a) 0 hours
- b) 1-10 hours
- c) 10 hours +

Distance travelled

I travel each week approximately:

- a) 0-50 miles
- b) 50-150 miles
- c) 150 miles +

Goods, services & waste

Earnings

I earn:

- a) less than £20,000 per year
- b) £20-40,000 per year
- c) more than £40,000 per year

Household waste

I produce on average each week:

- a) about 1 bin bag
- b) about 2 bin bags
- c) about 3 bin bags

Recycling

Each week I:

- a) recycle all of my waste(glass, paper, plastics, metal)
- b) recycle some of my waste
- c) recycle none of my waste

How big is your footprint?

Count up your answers:

a) _____

b) _____

c) _____

Mostly a... Congratulations, as an individual, you are already doing your bit. To achieve a one planet lifestyle, government and business also now need to play their part.

Mostly b... If everyone lived like you we would need around three planets to sustain ourselves.

Mostly c... If everyone lived like you we would need around four or more planets to sustain ourselves

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Small changes you can make NOW

All together they make a BIG difference

- change your light bulbs to low energy ones
- put on a jumper and turn the thermostat down by 1 degree
- turn off the light when you go out of a room
- turn all appliances off at the wall after use
- only boil enough water for your drink - don't fill the kettle right up
- turn off your mobile phone charger as soon as the phone is charged up
- reduce your water usage:
 - turn off the tap when you clean your teeth
 - always fill the washing machine
 - wash the veg in a bowl of water, not under a running tap
 - take a shower (not a power shower, though!) rather than a bath
- walk whenever you can (which might be more often than you have been doing!)
- find out when your buses run locally (www.traveline.org.uk)
- find out when your local farmers' market is (www.farmersmarkets.net) and buy your local produce there, or discover where your nearest farm shops are - buy local!

For more ideas for individuals and families, try:

Living Lightly - www.livinglightly24-1.org.uk - a project of A Rocha UK. (site particularly aimed at Christians)

Friends of the Earth - http://www.foe.org.uk/resource/faqs/questions/help_planet_this_year.html - (general application)

Or go to the: Useful LINKS section in OWW.Resources