

How BIG is your Footprint?!

Youth Edition

A lifestyle assesment tool from the New Community Project

One way to measure your impact on the earth is to figure out how much of the earth you use as you go through your day. This would include things like providing you with food, housing, energy, entertainment, etc. If you took all the earth's productive area and divided it among the world's people, each person would have about 4.5 acres to provide for them. As it is, we're already over-budget—the global average demand is about 5.1 acres. But it gets worse: people in 50 of the world's poorest countries don't use their 4.5 acres, while folks in North America use about 25 acres per person! In other words, if everyone on earth consumed like we do, we'd need four planets to provide for us.

Time to measure your Footprint!

Ecological Footprint Calculation

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----|-----------------------|----|-----------------------|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----|-------------------|----|----------------|----|------------------|-----|---------|-----|
| <p>1. How many people are in your household? Points _____</p> <table border="0"> <tr><td>1</td><td>30</td></tr> <tr><td>2</td><td>25</td></tr> <tr><td>3</td><td>20</td></tr> <tr><td>4</td><td>15</td></tr> <tr><td>5+</td><td>10</td></tr> </table> | 1 | 30 | 2 | 25 | 3 | 20 | 4 | 15 | 5+ | 10 | <p>7. Does your family have a vegetable garden? Points _____</p> <table border="0"> <tr><td>Yes</td><td>0</td></tr> <tr><td>No</td><td>15</td></tr> </table> <p><i>(Average food item is shipped 1500 miles in US!)</i></p> | Yes | 0 | No | 15 | | | | | | |
| 1 | 30 | | | | | | | | | | | | | | | | | | | | |
| 2 | 25 | | | | | | | | | | | | | | | | | | | | |
| 3 | 20 | | | | | | | | | | | | | | | | | | | | |
| 4 | 15 | | | | | | | | | | | | | | | | | | | | |
| 5+ | 10 | | | | | | | | | | | | | | | | | | | | |
| Yes | 0 | | | | | | | | | | | | | | | | | | | | |
| No | 15 | | | | | | | | | | | | | | | | | | | | |
| <p>2. How often do eat junk food? Points _____</p> <table border="0"> <tr><td>At least once a day</td><td>20</td></tr> <tr><td>A couple times a week</td><td>10</td></tr> <tr><td>Don't touch the stuff</td><td>0</td></tr> </table> <p><i>(Loads of waste in producing and packaging, and snack food is responsible for 40% of litter!)</i></p> | At least once a day | 20 | A couple times a week | 10 | Don't touch the stuff | 0 | <p>8. If you or your family owns vehicles, what type are they (add points for each vehicle)? Points _____</p> <table border="0"> <tr><td>Hybrid</td><td>10</td></tr> <tr><td>Motorcycle</td><td>20</td></tr> <tr><td>Compact</td><td>35</td></tr> <tr><td>Mid-sized</td><td>60</td></tr> <tr><td>Van/Sm Pick-up</td><td>75</td></tr> <tr><td>SUV</td><td>100</td></tr> <tr><td>Pick-up</td><td>130</td></tr> </table> <p><i>(Personal car use is #1 bad eco practice of US'ers!)</i></p> | Hybrid | 10 | Motorcycle | 20 | Compact | 35 | Mid-sized | 60 | Van/Sm Pick-up | 75 | SUV | 100 | Pick-up | 130 |
| At least once a day | 20 | | | | | | | | | | | | | | | | | | | | |
| A couple times a week | 10 | | | | | | | | | | | | | | | | | | | | |
| Don't touch the stuff | 0 | | | | | | | | | | | | | | | | | | | | |
| Hybrid | 10 | | | | | | | | | | | | | | | | | | | | |
| Motorcycle | 20 | | | | | | | | | | | | | | | | | | | | |
| Compact | 35 | | | | | | | | | | | | | | | | | | | | |
| Mid-sized | 60 | | | | | | | | | | | | | | | | | | | | |
| Van/Sm Pick-up | 75 | | | | | | | | | | | | | | | | | | | | |
| SUV | 100 | | | | | | | | | | | | | | | | | | | | |
| Pick-up | 130 | | | | | | | | | | | | | | | | | | | | |
| <p>3. When you shower, how long is the water running? Points _____</p> <table border="0"> <tr><td>1-3 minutes</td><td>5</td></tr> <tr><td>4-7 minutes</td><td>10</td></tr> <tr><td>7+ minutes</td><td>15</td></tr> </table> <p><i>(7-minute shower creates a pound of CO2 and uses 35 gallons of water--or more clean water than 1.1 billion people have in a week!)</i></p> | 1-3 minutes | 5 | 4-7 minutes | 10 | 7+ minutes | 15 | <p>9. How do you get to school/work? Points _____</p> <table border="0"> <tr><td>Car</td><td>50</td></tr> <tr><td>Public transit</td><td>25</td></tr> <tr><td>School bus</td><td>20</td></tr> <tr><td>Walk</td><td>0</td></tr> <tr><td>Bike/skates</td><td>0</td></tr> </table> <p><i>(Every mile you drive puts a pound of CO2 into the air!)</i></p> | Car | 50 | Public transit | 25 | School bus | 20 | Walk | 0 | Bike/skates | 0 | | | | |
| 1-3 minutes | 5 | | | | | | | | | | | | | | | | | | | | |
| 4-7 minutes | 10 | | | | | | | | | | | | | | | | | | | | |
| 7+ minutes | 15 | | | | | | | | | | | | | | | | | | | | |
| Car | 50 | | | | | | | | | | | | | | | | | | | | |
| Public transit | 25 | | | | | | | | | | | | | | | | | | | | |
| School bus | 20 | | | | | | | | | | | | | | | | | | | | |
| Walk | 0 | | | | | | | | | | | | | | | | | | | | |
| Bike/skates | 0 | | | | | | | | | | | | | | | | | | | | |
| <p>4. At how many meals per week do you eat meat or shrimp? Points _____</p> <table border="0"> <tr><td>0</td><td>0</td></tr> <tr><td>1-3</td><td>10</td></tr> <tr><td>4-6</td><td>20</td></tr> <tr><td>7-10</td><td>35</td></tr> <tr><td>11+</td><td>50</td></tr> </table> <p><i>(80% of Amazon deforestation is for cattle pasture!)</i></p> | 0 | 0 | 1-3 | 10 | 4-6 | 20 | 7-10 | 35 | 11+ | 50 | <p>10. Where did you go on vacation last year (multiply by number of trips)? Points _____</p> <table border="0"> <tr><td>Nowhere</td><td>0</td></tr> <tr><td>200 miles or less</td><td>10</td></tr> <tr><td>200+</td><td>30</td></tr> </table> | Nowhere | 0 | 200 miles or less | 10 | 200+ | 30 | | | | |
| 0 | 0 | | | | | | | | | | | | | | | | | | | | |
| 1-3 | 10 | | | | | | | | | | | | | | | | | | | | |
| 4-6 | 20 | | | | | | | | | | | | | | | | | | | | |
| 7-10 | 35 | | | | | | | | | | | | | | | | | | | | |
| 11+ | 50 | | | | | | | | | | | | | | | | | | | | |
| Nowhere | 0 | | | | | | | | | | | | | | | | | | | | |
| 200 miles or less | 10 | | | | | | | | | | | | | | | | | | | | |
| 200+ | 30 | | | | | | | | | | | | | | | | | | | | |
| <p>5. How many times per week do you eat out (including buying lunch at school)? Points _____</p> <table border="0"> <tr><td>0</td><td>10</td></tr> <tr><td>1-3</td><td>15</td></tr> <tr><td>4-6</td><td>20</td></tr> <tr><td>7+</td><td>30</td></tr> </table> | 0 | 10 | 1-3 | 15 | 4-6 | 20 | 7+ | 30 | <p>11. How much television do you watch daily? Points _____</p> <table border="0"> <tr><td>3+ hours</td><td>20</td></tr> <tr><td>2-3</td><td>15</td></tr> <tr><td>1-2</td><td>10</td></tr> <tr><td>1 or less</td><td>5</td></tr> <tr><td>Don't turn it on</td><td>0</td></tr> </table> <p><i>(At 3 hours a day, you'll see 20,000 commercials per year!)</i></p> | 3+ hours | 20 | 2-3 | 15 | 1-2 | 10 | 1 or less | 5 | Don't turn it on | 0 | | |
| 0 | 10 | | | | | | | | | | | | | | | | | | | | |
| 1-3 | 15 | | | | | | | | | | | | | | | | | | | | |
| 4-6 | 20 | | | | | | | | | | | | | | | | | | | | |
| 7+ | 30 | | | | | | | | | | | | | | | | | | | | |
| 3+ hours | 20 | | | | | | | | | | | | | | | | | | | | |
| 2-3 | 15 | | | | | | | | | | | | | | | | | | | | |
| 1-2 | 10 | | | | | | | | | | | | | | | | | | | | |
| 1 or less | 5 | | | | | | | | | | | | | | | | | | | | |
| Don't turn it on | 0 | | | | | | | | | | | | | | | | | | | | |
| <p>6. How many times per week do you buy a bottled drink? Points _____</p> <table border="0"> <tr><td>0</td><td>0</td></tr> <tr><td>1-3</td><td>10</td></tr> <tr><td>4+</td><td>20</td></tr> </table> <p><i>(40 million water bottles are trashed daily in US!)</i></p> | 0 | 0 | 1-3 | 10 | 4+ | 20 | <p>12. Does your household reduce eco-impact by buying bulk food, using reusable containers, natural cleaners, etc.)? Points _____</p> <table border="0"> <tr><td>Always</td><td>0</td></tr> <tr><td>Sometimes</td><td>10</td></tr> <tr><td>Rarely</td><td>20</td></tr> <tr><td>Never</td><td>30</td></tr> </table> | Always | 0 | Sometimes | 10 | Rarely | 20 | Never | 30 | | | | | | |
| 0 | 0 | | | | | | | | | | | | | | | | | | | | |
| 1-3 | 10 | | | | | | | | | | | | | | | | | | | | |
| 4+ | 20 | | | | | | | | | | | | | | | | | | | | |
| 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 5
 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
(Average US'er creates 1800 pounds of trash per year!)

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, your house uses:* **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 got a group of some kind (church, school, workplace) to live more responsibly (setting up a recycling program, purchasing paper with high recycled content, etc.).*
 Yes -50

19. *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

20. *Do others sometimes notice and/or comment on your environmentally conscious lifestyle? (they think you're weird...)*
 Yes -25

Your Score	Footprint in acres
Less than 100	Less than 10
100-200	10-15
200-300	15-20
300-400	20-25
More than 400	25+

Sustainable Footprint: 4.5 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. I asked myself, “Why were my feet making such deep imprints for a while, but then became lighter, and seemed to be joined by others?” “My child,” a voice replied, “in the beginning you had the idea that life consists in the abundance of possessions, and you gathered as much of the earth as you could carry. But then”, the voice went on, “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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