

HOUSING

How many people are in your household?

1	(30)
2	(25)
3	(20)
4	(15)
5 or more	(10)

How is your house heated?

natural gas	(30)
electricity	(40)
oil	(50)
renewable (solar, wind)	(0)

How many individual faucets (total of all taps in your kitchen, bathrooms, laundry room, and outside) and toilets do you have in your house?

less than 3	(5)
3-5	(10)
6-8	(15)
8-10	(20)
more than 10	(25)

What type of home do you live in?

apartment/condominium	(20)
house	(40)

FOOD

How many meals per week do you eat meat or fish?

0	(0)
1-3	(10)
4-6	(20)
7-10	(35)
more than 10	(50)

How many home-made meals do you eat per week (including those you bring to school/work)?

under 10	(25)
10-14	(20)
14-18	(15)
more than 18	(10)

When purchasing your food items, does your family try to buy locally produced goods?

yes	(25)
no	(125)
sometimes	(50)
rarely	(100)

TRANSPORTATION

If you or your family own/use a car, what type of car is it?

motorcycle	(15)
small compact	(35)
mid-sized	(60)
full-sized	(75)
sports utility vehicle/mini-van	(100)
pick-up truck or full-size van	(130)

How do you get to school/work?

car	(50)
public transit	(25)
school bus	(20)
walk	(0)
bicycle or rollerblade	(0)

How many trips do you make per week on public transit that you would have otherwise used a car?

0	(50)
1-5	(40)
6-10	(30)
11-15	(20)
more than 15	(10)

Where did you go on vacation within the last year?

no vacation	(0)
Florida	(10)
outside FL, but within the U.S.	(30)
Canada / Mexico	(40)
outside North America	(70)

How many summer weekend trips do you take by car?

0	(0)
1-3	(10)
4-6	(20)
7-9	(30)
more than 9	(40)

PURCHASES

How many large purchases (e.g., stereo, TV, VCR, home computer, car, furniture, fridge, stove, etc.) has your household made in 2006 or 2007?

0	(0)
1-3	(15)
4-6	(30)
more than 6	(45)

Have you bought any energy-efficient products in the past year (e.g. light bulbs, fridges, stoves, furnaces)?

yes	(0)
no	(25)

What's Your

WASTE

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)?

always	(0)
sometimes	(10)
rarely	(20)
never	(30)

Does your household compost?

always	(0)
sometimes	(10)
rarely	(15)
never	(20)

Does your household recycle newspapers, cardboard/boxboard/pizza boxes, fine paper, steel and aluminum cans, glass/plastic bottles, and other materials?

always	(0)
sometimes	(10)
rarely	(15)
never	(20)

How many garbage bags of waste do you leave at the curb each week for pick up?

0	(0)
one half-full garbage bag	(5)
1	(10)
2	(20)
more than 2	(30)

Information provided by
Sarasota County Government,
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ESTIMATING YOUR ECOLOGICAL FOOTPRINT

Total your score by adding up the circled values from the questions. For an estimate of your Ecological Footprint based on these questions, use the key below.

Your score =

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



If your score is less than 150, your Ecological Footprint is smaller than 10 acres.



If your score is 150–350, your Ecological Footprint is between 10 acres and 15 acres.



If your score is 350–550, your Ecological Footprint is between 15 acres and 20 acres.



If your score is 550–750, your Ecological Footprint is between 20 acres and 25 acres. (U.S. National Average)



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?

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) or fuel-efficient vehicles if driving is necessary.
3. Buy fresh food that is locally produced.
4. Practice the well-known three Rs. *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 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 materials that are collected in your recycling program, and close the loop by buying recycled.