



# Bare your soul cut your carbon footprint



*Find out your ecological footprint by simply  
answering the questions on the other side*

**In your Carbon Footprint questionnaire (overleaf) did you score:**

**10-11 - excellent!**

You are living in one world – a truly low footprint lifestyle. If everyone lived like you, then human and non-human existence could be sustainable and equitable. About 69% of the world's population have an ecological footprint in this range.

**12-20 - well done!**

You are close to having a low footprint lifestyle. Even so, if everyone lived like you we would still need more than one planet to sustain us.

**20-40 – not so good,**

your carbon footprint is close to or above the European average. If everyone lived like you we would need 2 or 3 additional planets to sustain us.

**40+ oh dear!**

Your carbon footprint is close to the N. American average. If everyone on the planet lived like you we would need 3 or 4 additional planets to sustain us. About 5% of the world's population have an ecological footprint in this range.

**If the world was divided up equally between every human on the planet**, we would have about two football pitches each. The idea of a "global footprint" was developed to demonstrate what was a truly sustainable way of life.

In Europe, we use up three to four times the amount of space in our "allotment", while in the US, this is more like five times.

If everyone in the world consumed as much as the average American, we would have to find four other planets like Earth to sustain the population.

But living with a "one world" footprint is possible.

The first thing is to reduce energy demand; go round checking your electricity and gas consumption. Do appliances need to be switched on all the time; is your fridge an old electricity

guzzler or a modern one which uses less than a quarter of the energy of traditional fridges; and are there things that you don't need?

Heating is a major source of carbon dioxide emissions, so look at how you can make your heating efficient – an efficient boiler, radiator heating controls and not putting them underneath a window – will make a big difference.

**In fact, combined with good insulation, measures such as these can reduce energy use by about 50 to 60 per cent, with a similar reduction in your annual bill.**

And remember to consider the climate impact next time you make a major purchase, or work out how to get to work, where to go on holiday.

What is the climate impact of your lifestyle? How could you reduce your greenhouse gas emissions? Working out your own personal footprint is a first step. The footprint calculator overleaf is a simple one – a more complex (and accurate) one is available at [www.livingwitness.org.uk/home\\_files/Personal GHG calculator.pdf](http://www.livingwitness.org.uk/home_files/Personal%20GHG%20calculator.pdf)

Have a look at our website for more information on Climate Change, and how to get involved in the Lancaster Climate Action group.



**[www.lancasterclimate.org.uk](http://www.lancasterclimate.org.uk)**





# Your Carbon Footprint Calculator



## Energy use in your home

Put your scores in the gas clouds - start with 5 points to cover emissions caused by government spending of your taxes on industry, health service, military etc

Start with a score of 5, then work out the following:

- Does your electricity come from a renewable source, such as a wind turbine?  
*If so subtract 1 pt*
- Do you set your thermostat low? Is your home well insulated? Do you have double glazing? Do you only turn the heating on when absolutely necessary?  
*If you answer yes to at least two of these, take off 2 pts*

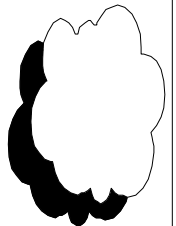


## Food and diet

- Do you follow a vegan or vegetarian diet?
- Do you eat meat occasionally?
- Do you eat meat regularly?
- Do you eat meat with every meal?



- Score 4 points
- Score 7 points
- Score 8 points
- Score 10 pts



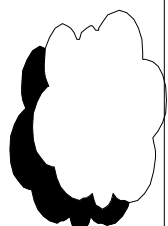
## Transport – do you travel:

- usually by car?
- sometimes by car?
- mostly by public transport?
- mostly by walking or cycling?
- by plane, ever?



- Score 3 points
- Score 2 points
- Score 1 point
- Score 0 points

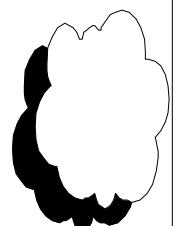
*For each hour in flight add a point*



## Holidays – when you last went on holiday did you:

- Stay in the UK?
- Go to Europe?
- Go somewhere outside Europe?
- If you went by car:
- If you flew: *make sure you've included your flight in the transport section above.*

- Score 1 point
- Score 2 points
- Score 3 points
- add 1 point



## Materials and Waste

The consumption of material goods and the production of waste is normally the largest part of a European footprint. Average UK rubbish is 1 dustbin full or 2 black bags per week. **Do you have:**

- more than average rubbish?
- average amount of rubbish ?
- below average amount of rubbish ?

- Score 23pts, or 11 if you recycle
- Score 16 pts, or 8 if you recycle
- Score 8 pts, or 4 if you recycle



**TOTAL - add up all your points to find your score:**



*Turn over to see what your scores mean*