

# 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 5 acres to provide for them. As it is, we're already over-budget—the global average demand is about 6 acres. But it gets worse: people in 50 of the world's poorest countries don't use their 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

- |   |   |
|---|---|
| 1. How many people are in your household? <b>Points</b> _____ | 8. If you or your family owns vehicles, what type are they (add points for each vehicle)? <b>Points</b> _____ |
| 1            30   | Hybrid            10  |
| 2            25   | Motorcycle       20   |
| 3            20   | Compact           35  |
| 4            15   | Mid-sized          60   |
| 5            10   | Mini-van or Van   75  |
| 6+          5   | SUV                100  |
|   | Pick-up            130  |
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- |   |   |
|---|---|
| 2. How is your home heated? <b>Points</b> _____ | 9. How do you get to school/work? <b>Points</b> _____ |
| Natural Gas    30                               | Car                 50                                |
| Electricity     40                              | Public transit     25                                 |
| Oil              50                             | School bus        20                                  |
| Renewable     0                                 | Walk                0                                 |
|   | Bike/skates        0                                  |
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|--|---|
| 3. When you shower, how long is the water running? <b>Points</b> _____ | 10. Where did you go on vacation last year (multiply by number of trips)? <b>Points</b> _____ |
| 1-3 minutes    5   | Nowhere           0   |
| 4-7 minutes    15  | 200 miles or less 10  |
| 8+ minutes     25  | 200-500 miles    30   |
|  | 500+ miles        60  |
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- |  |   |
|--|---|
| 4. At how many meals per week do you eat meat or fish? <b>Points</b> _____ | 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.)? <b>Points</b> _____ |
| 0                0   | 0                    40   |
| 1-3              10  | 1-3                 25  |
| 4-6              20  | 4-6                 15  |
| 7-10             35  | 7+                  10  |
| 11+             50   |   |
- 
- |   |   |
|---|---|
| 5. How many times per week do you eat out (including buying lunch at school)? <b>Points</b> _____ | 12. Does your household try to reduce the amount of waste in the house (buying bulk food, using reusable containers, natural cleaners, etc.)? <b>Points</b> _____ |
| 0                10   | Always             0  |
| 1-3              15   | Sometimes        10   |
| 4-6              20   | Rarely             20   |
| 7+               30   | Never               30  |
- 
- |  |  |
|--|--|
| 6. How many times per week do you buy a bottled drink? <b>Points</b> _____ |  |
| 0                0   |  |
| 1-3              10  |  |
| 4-6              20  |  |
| 7+               30  |  |
- 
- |  |  |
|--|--|
| 7. Does your family have a vegetable garden? <b>Points</b> _____ |  |
| Yes              0   |  |
| No                15   |  |

(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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