

# Calculate your carbon footprint

Win a hamper of local food, worth over £40.

(draw to take place on 15th Feb 2009)

We can all do something to reduce our carbon footprint, so why not measure yours and see what you can do to cut it down.

You can work out the carbon footprint for your **HOUSEHOLD** using this simplified calculator. It is designed to give you an indication of areas where lifestyle changes may reduce your carbon footprint rather than calculate the actual kilograms of carbon your household produces. A number of people have already fitted things like solar panels and have asked how this is taken into account. The answer is that these very positive measures should reduce your reliance on fossil fuels and reduce your energy score accordingly.

Select one answer from each question based on your **WHOLE HOUSEHOLD**:

How many people in your household?

## Transport

Distance travelled annually by private car

Petrol car Diesel car

- |                                   |    |    |
|-----------------------------------|----|----|
| • More than 15,000 miles          | 13 | 10 |
| • Between 10,000 and 15,000 miles | 10 | 8  |
| • Between 5,000 and 10,000 miles  | 6  | 4  |
| • Less than 5,000 miles           | 3  | 2  |
| • No car miles                    | 0  | 0  |

1

Distance travelled annually by public transport

- |                                  |   |
|----------------------------------|---|
| • More than 10,000 miles         | 5 |
| • Between 5,000 and 10,000 miles | 3 |
| • 1,000 to 5,000 miles           | 2 |
| • Less than 1,000 miles          | 1 |
| • No public transport miles      | 0 |

2

Main Holiday Destination

- |  |    |
|--|----|
| • Long flight away (rest of the world) | 13 |
| • Short flight away (Europe)           | 5  |
| • Europe overland (rail/car)           | 3  |
| • Close to home (UK)                   | 2  |
| • None                                 | 0  |

3

Transport Total

## Energy

4 What is your average quarterly gas, coal or oil bill?

- |                         |    |
|-------------------------|----|
| • More than £500        | 20 |
| • Between £300 and £500 | 15 |
| • Between £100 and £300 | 9  |
| • Less than £100        | 3  |
| • None                  | 0  |

5 What is your average quarterly electric bill?

- |                         |    |
|-------------------------|----|
| • More than £500        | 21 |
| • Between £300 and £500 | 16 |
| • Between £100 and £300 | 10 |
| • Less than £100        | 4  |

### Note:

If you have chosen to buy "green tariff electric" from your electric supplier reduce your electric score to 0.

"Green tariff electric" is electricity generated by renewable sources e.g. wind farm or energy where the investment goes back into creating more renewable energy. These tariffs can vary by company between 100% and only 10% from renewables. Congratulations if you have made the admirable choice to buy "green tariff". If you would like to go "green tariff" ask your energy supplier what they offer.

Energy Total

## Food Consumption

6 The main type of food consumed

- Regular choice of out of season imported produce 10
- A typical mixture of national and imported 6
- Mostly fresh, locally grown and seasonal 3

Food Total

## Domestic Waste and Recycling

7 Amount of domestic waste produced each week

- Five or more bin bags 10
- Four bin bags 8
- Three bin bags 6
- Two bin bags 4
- Up to one bin bag 2

8 Some items you could recycle are listed below:

For any of these 6 categories you **don't** recycle – add 1 point (max 6 points)

- Glass
- Plastic/plastic bottles
- Paper
- Aluminium drink cans/foil
- Other cans
- Food waste (by composting or organic waste collection)

Waste Total

Now add up your complete score and write it in the adjacent box. Are you a carbon heavyweight or a featherweight?

**Less than 20 points** – Well done, your household has a small carbon footprint.

**21–40** – You have a relatively low footprint but can probably still do a few easy steps to reduce it further.

**41–60** – Umm . . . your household is a bit “carbon chubby”. A few changes may be in order . . .

**more than 60 points** – Oh dear, you are a bit of a carbon heavyweight.

Take another look at the questions above and see how much you can shrink your footprint. Dorset Climate Change Coalition are asking people in Dorset to cut their footprint by at least 5% in the next 12 months.

## Can you cut your footprint?

My pledge: My total is   
and I pledge to reduce it to  by

Title

Name

Address

Postcode

Telephone

Email address

I give permission for Dorset Climate Change Coalition to contact me in order to monitor my progress and offer support on shrinking my carbon footprint.

**Yes / No**

DORSET CLIMATE CHANGE  
**COALITION**



To find out more about Dorset Climate Change Coalition see [www.dorsetclimate.org.uk](http://www.dorsetclimate.org.uk)

Please return to Emily Bullock at:

**Dorset Energy Advice Centre, Bob Hann House, Shillito Road, Poole BH12 2BW**