

Find your family carbon footprint (CO₂ emission)

Please print out this worksheet before Earth Hour. Then, during Earth Hour, with your electric lights, computers, TVs and appliances off, collect the information and fill out this worksheet.

I. Intro

Annual household income range _____

II. Transportation

For each vehicle, report the miles per gallon (lookup at www.fueleconomy.gov) and approximate number of miles driven per year:

Vehicle	miles driven per year	miles per gallon (average)

Air travel:

For all household members, total the approximate miles flown per year. (lookup at <http://www.aeroplanner.com/calculators/avcalcdist.cfm>) Count the miles flown for each person. For example, if 4 people fly in a plane that flies 1000 miles each way, then 8000 miles were flown round-trip.

Total miles flown _____

III. Housing

Average monthly bills for:

Electric \$ _____

Natural gas \$ _____

Heating oil/other \$ _____

Water/sewage \$ _____

Square feet in living space _____

IV. Food

How much do you spend per month on food? (total for household)

Meat, fish, eggs \$ _____ (1452 g CO₂ per dollar)

Dairy \$ _____ (1911 g CO₂ per dollar)

Eating out \$ _____ (368 g CO₂ per dollar)

Other (snacks, drinks) \$_____ (467 g CO₂ per dollar)

Fruits and vegetables \$_____ (1176 g CO₂ per dollar)

Cereals, baked goods \$_____ (741 g CO₂ per dollar)

V. Goods and services

How much does your household spend per month on each category?

Clothing total \$_____ (436 g CO₂ per dollar)

- Indoor and outdoor clothing
- Fabrics and yarns
- Shoes
- Accessories (including jewelry, hats, purses, bags, etc.)
- Luggage and backpacks
- Blankets or sleeping bags

Furnishings / household items total \$_____ (459 g CO₂ per dollar)

- Furniture and other furnishings, such as art
- Appliances (large and small)
- Yard items (plants, fertilizers)
- Household maintenance and tools (anything from toilet paper, to paint, to power saws)

Other goods total \$_____ (338 g CO₂ per dollar)

- Medical goods
- Entertainment
- Paper, office and reading
- Personal care and cleaning - toiletries
- and Auto parts

Services total \$_____ (178 g CO₂ per dollar)

- Vehicle Services
- Household maintenance and repair
- Education
- Health care
- Personal business and finances
- Entertainment & Recreation
- Information and communication
- Organizations and charity
- Personal services and clothing services
- Childcare and domestic workers
- Animal Services
- And other miscellaneous services

AFTER EARTH HOUR

Enter your values above in the UC Berkeley carbon calculator: <http://coolclimate.berkeley.edu/>

VI. Summary (get these numbers from the Berkeley CoolClimate Calculator)

Tons of CO₂ emitted per year:

	World average	US average	Similar US households	Your household
Transportation				
Housing				
Food				
Goods				
Services				
TOTAL				

You emit _____% of similar US households

You emit _____% of the world average

Your footprint breakdown – mouse over the pie chart to find the percentage of your carbon footprint that comes from:

_____ % Transportation

_____ % Housing

_____ % Food

_____ % Goods

_____ % Services

Look at the bar graph and estimate the breakdown:

_____ % Direct (your activity directly releases CO₂)

VII. Consider what you and your family can do to reduce your Carbon Footprint.

The book “Low Carbon Diet” by David Gershon (2006, Empowerment Institute) takes you through a systematic review of your energy habits and suggests practical ways to reduce your use by 10% and also numerically keep track of your progress. Some copies of this book are available in the PIP student kits at the Acton Memorial Library. This book is also available in some local health food and book stores.