

Is your score...

Less than 12 You touch the earth very lightly..



You live very sustainably

The earth needs more of you!

12-17

You have a small to medium footprint. Keep up the good work and see what else you might be able to do.



18-23

You have a large footprint, which the earth is finding hard to support. See if you can make some small changes to tread more lightly.



24-30

You have an extremely heavy tread and our earth is being crushed under the weight. Start to think sustainability and see if you can make some changes in your lifestyle. Start to tread a little bit more lightly!



For info on reducing your footprint try

www.acfonline.org.au

www.livingthing.net.au

www.epa.vic.gov.au

www.greenfoot.com.au



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WHAT IS YOUR ECOLOGICAL FOOTPRINT RATING?

Add up your score on the simple quiz and turn the page to find out.

Your Rating	Household living	Food	Waste	Energy	Water	Travel
1	You share a 1-2 bedroom apartment or unit	You are vegetarian, grow your own fruit and vegetables and buy food with minimal packaging	You reuse what you can, recycle everything marked R, 1 or 2, and compost all food scraps and green waste	All home appliances, lighting, heating and cooling are energy efficient. You always act to conserve energy.	You have installed a rainwater tank and reuse water from the laundry and /or bathroom on the garden	You always travel by public transport, cycle or walk, and you holiday close to home.
2	You live alone in a 1-2 bedroom apartment or unit.	You eat meat occasionally, eat mostly locally grown food, and buy food with some packaging.	You have the smallest size bin available, recycle and compost at least 90% of your waste and reuse shopping bags.	You purchase green power, have installed energy efficient appliances, and have or are thinking of installing a solar hot water system.	You have installed water efficient appliances such as a 4-5 star front loader washing machine. You always act to conserve water.	You always carpool when driving, you catch public transport as often as possible and holiday within the state.
3	You have a 3 bedroom dwelling which you share with 3 or more people.	You eat meat at least twice a week, eat mostly Australian grown food products, and up to half your food is packaged.	You have a mid size bin, compost occasionally, recycle up to 76% of waste and occasionally get new plastic bags when shopping.	You have changed your light globes to fluorescents, turn off all your appliances rather than leaving them on standby, and have become more mindful of energy efficiency around the home.	You have installed water efficient showerheads, tap aerators, reuse water and frequently save water by only washing the clothes and dishes with a full load.	You drive a medium size car with up to two other passengers, catch public transport occasionally, and holiday within Australia.
4	You have a 4 bedroom dwelling or greater which you share with 2 or more people.	You eat meat at least three times a week, frequently eat imported foods and buy food which is 50-85% packaged.	You have the largest bin available and its mostly full. You recycle occasionally, throw out most uneaten food scraps, and sometimes reuse plastic bags.	You sometimes switch off lights when you leave a room and occasionally turn off the TV and computer at the plug rather than keeping them on standby.	You have mostly native plants, only water the garden in the early morning or late afternoon to minimize water loss during the heat of the day and have shorter showers to save water	You drive a large car alone between 100 and 300km per week and take one overseas holiday a year.
5	You have a 3-4 bedroom dwelling or larger and live alone.	You eat meat every day, mostly eat imported food and all your food is packaged.	You have the largest size bin available and it is full or overflowing every week. You don't compost or recycle and always get new plastic bags when shopping.	You always leave your TV and computer on or on standby when they aren't in use, you don't turn lights off when not in use and don't have any energy efficient appliances	You never think about saving water.	You drive a 4WD or large car more than 300km per week and take one or two overseas holidays per year.