



# Your eco-footprint

**I**F WE all lived the lifestyle of the average Australian, we would need 3.7 planets to sustain life, writes Angela Crocombe in her book *A Lighter Footprint: a practical guide to minimising your impact on the planet*, which is in bookshops from Saturday.

According to the 2006 Living Planet Report by the World Wildlife Fund, the ecological footprint of Australia is conservatively estimated at 6.6 global hectares a person, Crocombe writes.

Individually, Australians have one of the highest ecological footprints in the world. Do this quiz from her book to calculate yours.

**1. How many rooms do you have in your home?** (include the bathroom, kitchen and laundry)

A: 1-5 B: 6-10 C: 11-15 D: 16+

**2. How many people live in your home?**

A: 5+ B: 3-5 C: 2 D: 1

**3. How many whitegoods are in your home?** (include fridges, freezers, dishwashers, washing machines and dryers)

A: 0-3 B: 4-6 C: 7-10 D: 11+

**4. How many household electronic items do you have?** (include TVs, DVD/video players, home entertainment systems, stereos, computers, printers and phone/fax machines?)

A: 0-3 B: 4-6 C: 7-10 D: 11+

**5. What is your average quarterly electricity bill?**

A: \$0-\$100 B: \$101-\$200

C: \$201-\$300 D: \$301+

**6. What is your average quarterly gas bill?**

A: \$0-\$50 B: \$51-\$100

C: \$101-\$150 D: \$151+

**7. What is your average quarterly water bill?**

A: \$0-\$150 B: \$151-\$250

C: \$251-\$350 D: \$351+

**8. What percentage of your grey water is recycled?**

A: 51+ per cent B: 26-50 per cent

C: 25 per cent or less

D: none

**9. What percentage of your energy usage is accredited Green Power?**

A: 100 per cent B: 66-99 per cent

C: 33-65 per cent D: less than 33 per cent

**10. How often do you eat meat products per week?** (beef, lamb, pork, chicken, fish)

A: never B: less than 3 times a week

C: nearly every day

D: every day and sometimes twice a day

**11. How often do you eat dairy products per week?**

A: never B: less than 3 times a week

C: nearly every day

D: every day and sometimes twice a day

**12. How often do you eat processed and highly packaged food per week?** (include takeaway, junk food, food with a lot of packaging)

A: never B: less than 3 times a week

C: nearly every day

D: every day and sometimes twice a day

**13. How often do you eat fresh fruit and vegetables per week?**

A: every day and sometimes twice a day

B: nearly every day

C: less than 3 times a week

D: never

**14. How much waste does your household produce per week?** (assume a 55-litre bin)

A: less than half a bin

B: one-third to half a bin

C: half to one bin

D: more than one bin

**15. How much recycling does your household produce per week?** (include paper, glass and plastic, and assume a 55-litre bin)

A: half to one bin

B: one-third to half a bin

C: less than one-third of a bin

D: none

**16. How much composted waste does your household produce per week?**

A: 76-100 per cent of vegetable matter

B: 51-75 per cent

C: 26-50 per cent

D: 0-25 per cent

**17. How many kilometres do you travel by car per week?**

A: 0-25km

B: 26-50km

C: 51-75km

D: 75+km

**18. How many journeys do you**

**make by public transport, bicycle or walking per week?**

A: 13+ B: 9-12 C: 4-8 D: 0-3

**19. How many hours do you spend flying each year?**

A: 0-2 B: 3-8 C: 9-12 D: 13+

**RATINGS**

**Thirteen or more As:** Congratulations! Your eco-footprint is between two and three global hectares. You are walking with a far lighter footprint than the vast majority of Australians. If everyone lived like you, we would only need one-and-a-half planets to survive.

**Thirteen or more Bs:** You are considered to be an average Australian in your eco-footprint and consumption of resources. You are using between six and eight global hectares. But if everyone lived like you we would need nearly four planets to sustain humanity.

**Thirteen or more Cs:** Your eco-footprint is around 10 global hectares, which means you are wasting far too many resources and your footprint is heavier than the majority of Australians. If everyone lived like you, we would need nearly six planets for humanity to survive.

**Thirteen or more Ds:** You should be categorised as a major environmental disaster zone! Your eco-footprint is over 20 global hectares. If everyone lived like you, we would need at least 13 planets to sustain human life.

*A Lighter Footprint: a practical guide to minimising your impact on the planet*, by Angela Crocombe, Scribe, \$24.95

Other eco quizzes at [www.earthday.net](http://www.earthday.net) or [www.isa.org.usyd.edu.au](http://www.isa.org.usyd.edu.au)