

# Calculating Your Eco-Footprint

## Food Footprint

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How often do you eat animal based products? (beef, pork, chicken, fish, eggs, dairy products)

- Never (vegan)
- Infrequently (no meat, and eggs/dairy a few times/week) (strict vegetarian)
- Occasionally (no meat or occasional meat, but eggs/dairy almost daily)
- Often (meat once or twice a week)
- Very often (meat daily)
- Almost always (meat and eggs/dairy in almost every meal)

How much of the food that you eat is processed, packaged and not locally grown (from more than 200 miles away)?

- Most of the food I eat is processed, packaged, and from far away
- Three quarters
- Half
- One quarter
- Very little. Most of the food I eat is unprocessed, unpackaged and locally grown.

## Goods Footprint

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Compared to people in your neighborhood, how much waste do you generate?

- Much less
- About the same
- Much more

## Shelter Footprint

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How many people live in your household?

- 1 person
- 2 people
- 3 people
- 4 people
- 5 people
- 6 people
- 7 or more people

What is the size of your home?

- 2500 square feet or larger
- 1900-2500 square feet
- 1500-1900 square feet
- 1000-1500 square feet
- 500-1000 square feet
- 500 square feet or smaller

Which housing type best describes your home?

- Free standing house without running water
- Free standing house with running water
- Multi-story apartment building
- Row house or building with 2-4 units
- Green-design residence

Do you have electricity in your home?

- No
- Yes
- Yes, with energy conservation and efficiency

## Mobility Footprint

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On average, how far do you travel on public transportation each week (bus, train, subway or ferry)?

- 200 miles or more
- 75-200 miles
- 25-75 miles
- 1-25 miles
- 0 miles

On average, how far do you go by motorbike each week (as a driver or passenger)?

- 200 miles or more
- 75-200 miles
- 25-75 miles
- 1-25 miles
- 0 miles

If you use a motorbike, how many miles/gallon does it get?

- More than 80 miles per gallon
- 65-80 miles per gallon
- 45-65 miles per gallon
- 30-45 miles per gallon
- less than 30 miles per gallon

If you use a motorbike, how often do you ride with someone else, rather than alone?

- Almost never
- Occasionally (about 25%)
- Often (about 50%)
- Very often (about 75%)
- Almost always

On average, how far do you go by car each week (as a driver or passenger)?

- 400 miles or more
- 300-400 miles
- 200-300 miles
- 100-200 miles
- 10-100 miles
- 0 miles

Do you bicycle, walk, or use animal power to get around?

- Most of the time
- Sometimes
- Seldom

Approximately how many hours do you spend flying each year?

- 100 hours
- 25 hours
- 10 hours
- 3 hours
- Never fly

How many miles per gallon does your car get? (If you do not own a car, estimate the average fuel efficiency of the cars you ride in.)

- More than 50 miles per gallon
- 35-50 miles per gallon
- 25-35 miles per gallon
- 15-25 miles per gallon
- Fewer than 15 miles per gallon

How often do you drive in a car with someone else, rather than alone?

- Almost Never
- Occasionally (25%)
- Often (50%)
- Very often (75%)
- Almost always

## Demographic Info

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Age

- <12
- 13-15
- 16-20
- 21-35
- 36-50
- 51-65
- >65

Gender

- Female
- Male

Population of your community

- <1000
- 1001-10,000
- 10,001-100,000
- 100,101 – 1,000,000
- >1,000,000

Select a 4-digit identification code that we will use in reporting results from the eco-footprint calculation.

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Send your completed form to

MountainKeepers  
P.O. Box 21DTS  
Boone, NC 28607.