

Your Ecological Footprint

Directions: Read each of the following statements. Circle the appropriate answer according to how frequently you engage in each of the following practices.

Key: R/N=rarely or never; S=sometimes; U=usually or always

*If a question is not applicable to you, leave it blank.

*Please note that answers switch order throughout the questionnaire.

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|---|----|---|----|
| 1. I use paper towels and/or napkins. | RN | S | U |
| 2. I eat at fast-food restaurants by choice. | RN | S | U |
| 3. I eat red meat (high on the food chain) more than twice a week. | RN | S | U |
| 4. I use Styrofoam products. | RN | S | U |
| 5. I bring my own reusable drinking cup whenever it is possible for me. | U | S | RN |
| 6. I purchase food and other items in bulk quantities and containers. | U | S | RN |
| 7. I purchase organically produced foods whenever it is possible for me. | U | S | RN |
| 8. I avoid snacks and other foods with lots of packaging. | U | S | RN |
| 9. I take my own paper sacks (or other containers) to the grocery store. | U | S | RN |
| 10. I avoid purchasing things in containers that can't be recycled. | U | S | RN |
| 11. I read the labels before buying foods. | U | S | RN |
| 12. I make use of leftovers. | U | S | RN |
| 13. I turn off electric lights and appliances when no one is in a room. | U | S | RN |
| 14. I avoid using non-essential electrical appliances (hair dryer, shaver, curling iron, can opener, toothbrush, etc.). | U | S | RN |
| 15. I avoid washing clothes until they really need it. | U | S | RN |
| 16. I wash my clothes in cold water. | U | S | RN |
| 17. I use low wattage and/or energy saving light bulbs wherever I can. | U | S | RN |
| 18. I limit my showers to five minutes or less. | U | S | RN |
| 19. I turn off the water when brushing my teeth or shaving. | U | S | RN |
| 20. I use disposable razors. | RN | S | U |
| 21. I purchase scented, imprinted paper products (tissues, paper towels etc.). | RN | S | U |
| 22. I bathe/shower more than once a day. | RN | S | U |
| 23. I regularly walk or ride a bicycle somewhere rather than driving. | U | S | RN |
| 24. I carpool or use mass transit. | U | S | RN |
| 25. I recycle aluminum. | U | S | RN |
| 26. I recycle paper. | U | S | RN |
| 27. I recycle glass bottles. | U | S | RN |
| 28. I recycle metal cans. | U | S | RN |
| 29. I use both sides of a sheet of paper when printing or writing drafts. | U | S | RN |
| 30. I do not throw away items which could be repaired or reused. | U | S | RN |
| 31. I give unnecessary clothing and furnishings to charity. | U | S | RN |
| 32. I reuse plastic and paper bags. | U | S | RN |
| 33. I notice the changing phases of the moon. | U | S | RN |
| 34. I pay attention to the natural changes in the seasons. | U | S | RN |
| 35. I notice the color of the sky. | U | S | RN |
| 36. I treat all living things with respect. | U | S | RN |

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|---|---|---|----|
| 37. I am interested in knowing how the food and other items I purchase are produced (i.e. ethical labor standards, treatment of animals). | U | S | RN |
| 38. I discuss pending environmental legislation with people around me. | U | S | RN |
| 39. I ask fellow students to engage in more environmentally-sound practices. | U | S | RN |
| 40. I help restore natural areas. | U | S | RN |
| 41. I keep abreast of current environmental issues. | U | S | RN |
| 42. I actively support an environmental action group. | U | S | RN |
| 43. I inform my elected officials about my environmental concerns. | U | S | RN |

*Key: Y=Yes, I am aware. S=I know somewhat about this. N=I didn't know about this!

| | | | |
|--|---|---|---|
| 1. I am aware that not all people are able to afford sustainable products such as organic vegetables ethically made clothes etc. | Y | S | N |
| 2. I am aware that low-income people are disproportionately exposed to hazards in their environment that impact their health. | Y | S | N |
| 3. I am aware that food deserts exist. | Y | S | N |
| 4. I am aware that indigenous, native people have been displaced from their land. | Y | S | N |
| 5. I am aware that natural disasters from global warming will disproportionately impact low-income communities. | Y | S | N |
| 6. I am aware that marketing and advertising can be used to make us feel that purchases of material possessions create happiness. | Y | S | N |
| 7. I am aware that our capitalistic society can create waste, ecological degradation, inequality, and exploitation. | Y | S | N |
| 8. I am aware that environmental racism refers to the tendency to burden marginalized groups with environmental problems. | Y | S | N |
| 9. I am aware that many products are deliberately designed to have a specific life span (no longer functional or unfashionable). | Y | S | N |
| 10. I am aware that globalization has encouraged transnational corporations to operate in areas with the least environmental regulations and cheapest labor. | Y | S | N |

SCORING: Answers in the left column are worth 0 points, those in the middle column are worth 2 points and those in the right column are worth 5 points. Answers left blank are worth zero points.

Your score: _____