

4) Materials and Waste

starting score

Choose the score that best fits your weekly production of waste (including recycling):

2 black bags (or 1 dustbin full) 1400kg
1 black bag per week (half dustbin) 700kg

If you compost all kitchen and garden waste **subtract 20%** from starting score
If you recycle all paper, glass and metal **subtract 10%** from starting score
if you recycle all plastic that your council accepts **subtract 20%** from starting score

About 50,000kg of CO₂ are emitted providing materials to build a typical family house.

Add 1500kg if your house is detached and under 50 years old.
Add 1000kg if your house is a 3 bed semi and under 50 years old
Add 750kg if your house is a 2 bed terrace and under 50 years old
Add 500kg if your home is a 1 bed flat and under 50 years old.
Add 250kg for a one room extension or loft conversion in the last 50 years.

Add 1000kg if you filled a skip this year with building or DIY waste.

Now divide the result by the number of people living in your home to get your **personal materials and waste score**

kg

5) Everything Else

starting score

Estimate your monthly spending on items not covered so far on this form and multiply by 4 to convert this into related CO₂ emissions.

Include items such as clothing, furniture and electrical appliances and services such as entertainment, telephone and healthcare.

Don't include food, restaurants, travel, home energy or your mortgage, rent, tax pension, savings and investments.

The average UK expenditure is £420 per person.

Add 1600kg to allow for government activities on your behalf (hospitals, schools etc.).

Write the results in the box. This is your **everything else Score**.

kg

Adding it all together

Add together your 5 scores for home energy, transport, food, materials and waste and everything else.

My carbon footprint is:

kg

Your Carbon Footprint

How big is your carbon footprint? Which areas of your life are resulting in the highest carbon dioxide emissions? Follow the steps in this footprinting tool to find out.

In each numbered section, start by working out your 'starting score'. From this starting point, go through the questions and calculations that follow, to find your footprint for that portion of your lifestyle. At the end, you'll add up the figures from each area of your lifestyle to work out your total carbon footprint.



1) Home Energy a. heating

starting score

Choose from the following:

- a) If you *don't* have central heating 800kg
b) If you *do* have central heating:
- detached house 4800kg
- semi detached house 3200kg
- terraced house 2200kg
- flat 1600kg

How warm is your home?

For each degree above 17°
add 10%

For each degree below 17°
subtract 10%

How efficient is your heating?

If your home is well insulated (has 200mm loft insulation, cavity wall insulation and double glazing).....**multiply by 0.7**

If you have a boiler over 15 years old,
multiply by 1.15

If you have a new condensing boiler,
multiply by 0.8

The figure you now have is for gas heating. If you use a different fuel, adjust it as follows:

multiply by 1.4 for oil
multiply by 1.8 for coal
multiply by 2.5 for electric heating

divide by 8 for wood
keep the same for a heat pump

Now divide the result by the number of people living in your home to get your personal heating score (a)

kg

1) Home Energy

b. hot water

Choose from the following scores:
 a) If you have a bath or long shower every day..... 300kg
 b) If you mostly have quick showers (not a power shower)..... 200kg

starting score

If you live alone and have a hot water cylinder (not combi boiler) **add 100kg**

If you have solar panels **multiply by 0.67**

The figure you now have is for gas heated hot water. If you use a different fuel, adjust as follows:
multiply by 1.4 for oil
multiply by 1.8 for coal
multiply by 2.5 for electricity

divide by 8 for wood

Write the result in the box. This is your personal hot water score (b)

kg

1) Home Energy

c. appliances

starting score

start with a household score of 1600kg

If you have only A rated appliances and low energy lights, **subtract 400kg**

If you live in a house of energy hungry people with TVs on all the time and daily use of washing machine and dryer **add 1400kg**
 If you use electricity carefully (switching off lights, only using the washing machine when full, no dishwasher or clothes dryer **subtract 200kg**

If you are ultra-frugal (don't have/use freezer, TV or oven, wear clothes several days to minimise washing etc.)..... **subtract 500kg**

add 500kg

If you have an oil-fired Aga or similar range cooker

Divide the result by the number of people living in your home to get your personal appliances score (c)

kg

Now add up your scores for heating, hot water and appliances to get your personal home energy score (a + b + c)

kg

This carbon footprinting tool is based on 'your contribution to climate change', produced by Quaker Green Action, 2007.

2) Transport

If you drive a car, please use the following figures as your starting score. If not, start further down the page at 'public transport'.
 High mileage drivers (15,000 miles/year) 6200kg
 Typical mileage drivers (8,500 miles/year) 3500kg
 Low mileage drivers (2,000 miles/year) 830kg

starting score

multiply by 1.25 if most of your trips are below 3 miles

multiply by 1.5 if you drive a 4x4 or large people carrier with average sized engine
multiply by 2 if you drive a 4x4 or people carrier with one of the largest engines
 Or if you drive a small car (e.g. Clio or new Mini) **multiply by 0.67**

Divide the result by the number of people in the car to get your yearly car score

kg

Public Transport. If you use it regularly throughout the year, for a weekly 150 miles round trip or a daily return commute of 30 miles: **add 700kg**

Flights. For each hour spent flying in the last year: **add 350 kg**

Write the results in the box. This is your Transport Score.

kg

3) Food

Choose the score that best fits your type of diet:

2000kg Typical British diet, 38% animal based
 2250kg Serious meat eater (50% animal based)
 1400kg Lacto-vegetarians
 1000kg Vegan

starting score

If you only eat organically produced food..... **multiply by 0.5**

add 100kg if nearly all your food is processed and/or imported from abroad.
 Or if very little of your food is processed and/or imported **subtract 400kg.**

add 100kg if you eat half your meals in restaurants or canteens
 Or if you hardly ever eat in restaurants or canteens, **subtract 100kg.**

Write the results in the box. This is your Food Score.

kg