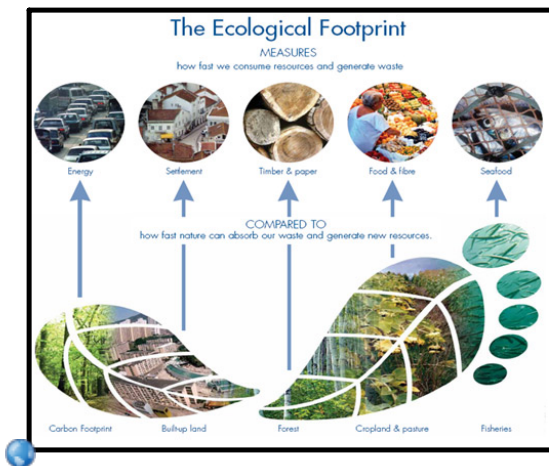


What is your ecological footprint?

How many planets would we need if everyone lived like you? An **ecological footprint** measures the total amount of land and resources used, it includes your **carbon footprint** but goes further. Find out your **ecological footprint** by answering questions about your lifestyle. See how your choices affect the environment and whether you are living beyond the capacity of the planet.



Ecological footprints allow people to visualize the impacts of their consumption patterns and activities on ecosystems.

An average world citizen has ecological footprint equivalent to 2.3 hectares or 5.6 acres while the biologically productive land available is only 1.9 hectares per person.

The average resident of the United States lives at a consumption level that requires 9.7 hectares of bioproductive land. If everyone in the world adopted a North American lifestyle, we'd need about four more planets to support us all.

Determining your 'Ecological Footprint'

<http://www.footprintnetwork.org/en/index.php/GFN/page/calculators/>

Let's do one together...

YOUR PERSONAL ECOLOGICAL FOOTPRINT print results

Congratulations on completing the first step to reducing your Ecological Footprint.

Your Ecological Footprint is: **6.6** global hectares

Your current consumption requires an area of productive land equivalent to **8.1** Canadian football fields.

Category	Value (Global Hectares)
Your Footprint	6.6
Calgary Average	8.6
Canadian Average	5.8

The ImagineCalgary objective is to reduce Calgary's Ecological Footprint 30% by 2036.

Your Ecological Footprint based upon your consumption: (hover over each section for additional information):

Category	Percentage
Services	34%
Food	
Shelter	
Mobility	
Goods	
Services	

Some ideas to reduce your Footprint – follow the "take action" link below for detailed suggestions:

Energy (70% of Calgary's Footprint):

- Reduce your household energy use – turn down your thermostat when not occupied and at night, use energy efficient bulbs and replace appliances with Energy Star® rated models, add insulation and draft proofing.
- Use public transit, carpool, ride a bike or walk. Keep tires properly inflated, have your vehicle properly tuned and avoid idling.

Local Foods:

- In season, purchase locally grown foods that require less transportation and processing to get products to market.

Goods:

- Reduce consumption of one-time use products. Purchase re-usable products when possible. Avoid products that produce excess waste. Purchase goods that are made locally to reduce their transportation Footprint.

edit Footprint go back and retake parts of the quiz

take action Return to Calgary.ca/ footprint to find out what you can do to take action to reduce your footprint



VIDEO:



We checked out Part 5

REFLECTION/DISCUSSION

What ways can one reduce their own ecological footprint?

What part of my Footprint can I influence?

Some of each person's Ecological Footprint is dependent upon choices they make in their own life, such as how much they drive, recycle and purchase new products, and some of it is their per person share of their societies' infrastructure. The first part can be influenced directly. The second part is equally critical to living within the means of one planet, but must be influenced through more indirect action such as political engagement, green technology and innovation, and other work toward large-scale social change. For more information on these distinctions, [click here](#).



Ways to reduce your carbon footprint

Attachments

Carbon_footprint_quispam_site.pdf