

How to lose a few tons with a low carb(on) diet

Carbon Footprint Worksheet

The average American is responsible for about 15 metric tons of carbon emissions per year. To meet the Paris goals and keep global temperatures under 2 degrees C, carbon emissions per person will need to get down to 2 metric tons per year!

Losing this much carbon weight will require both personal and system changes over the next decade. At this workshop, you will learn how to influence the businesses that emit carbon on your behalf and discover ways to make low-cost carbon reductions. you will have the opportunity to leverage your customer power and to calculate your personal carbon footprint.

We will have materials for you to write letters about your climate concerns.

Please fill in the following before you come:

Name of your auto insurance company _____

Name of your home/renter's insurance company _____

Name of other insurance (life, business, etc.) _____

Names of your banks (mortgage, savings, checking, checking, credit cards, etc.)

You can calculate your personal carbon footprint before the workshop at:

<https://www.carbonfootprint.com/calculator.aspx>

Or, if you want to work on it at the workshop, please:

- Have a laptop computer or cell phone, and
- fill in the following worksheet and bring it to the on-line workshop so you can fully participate in the exercise

Carbon Footprint Worksheet For 2020:

Each of the answers below will be for the entire year, January 1, 2019 to December 31, 2019.

To calculate your personal footprint, divide by the number of people in the house for shared expenses.

How many kWh of electricity did you use at your home? _____

How many therms of natural gas did you use? _____

How many gallons of heating oil? _____

How many pounds of propane/LPG? _____

How many cords of wood? _____

How many 40 lb bags of wood pellets? _____

For each car:

Make _____ Model _____ Year _____ Miles driven in 2019 _____

Make _____ Model _____ Year _____ Miles driven in 2019 _____

How many airplane flights did you take? _____ Total miles traveled: _____

How many times did you use public transportation?

Train Trips: _____ Total miles: _____

Bus Trips: _____ Total miles: _____

How much did you spend from January 1 to December 31, 2019 on:

Food and drink products _____

Pharmaceuticals _____

Clothes, textiles and shoes _____

Paper based products (e.g. books, magazines, newspapers) _____

Computers and IT equipment _____

Television, radio and phone (equipment) _____

Motor vehicles (not including fuel costs) _____

Furniture and other manufactured goods _____

Hotels, restaurants, and pubs etc. _____

Telephone, mobile/cell phone call costs _____

Banking and finance (mortgage and loan interest payments) _____

Insurance _____

Education _____

Recreational, cultural and sporting activities _____