

How big is your ecological footprint?

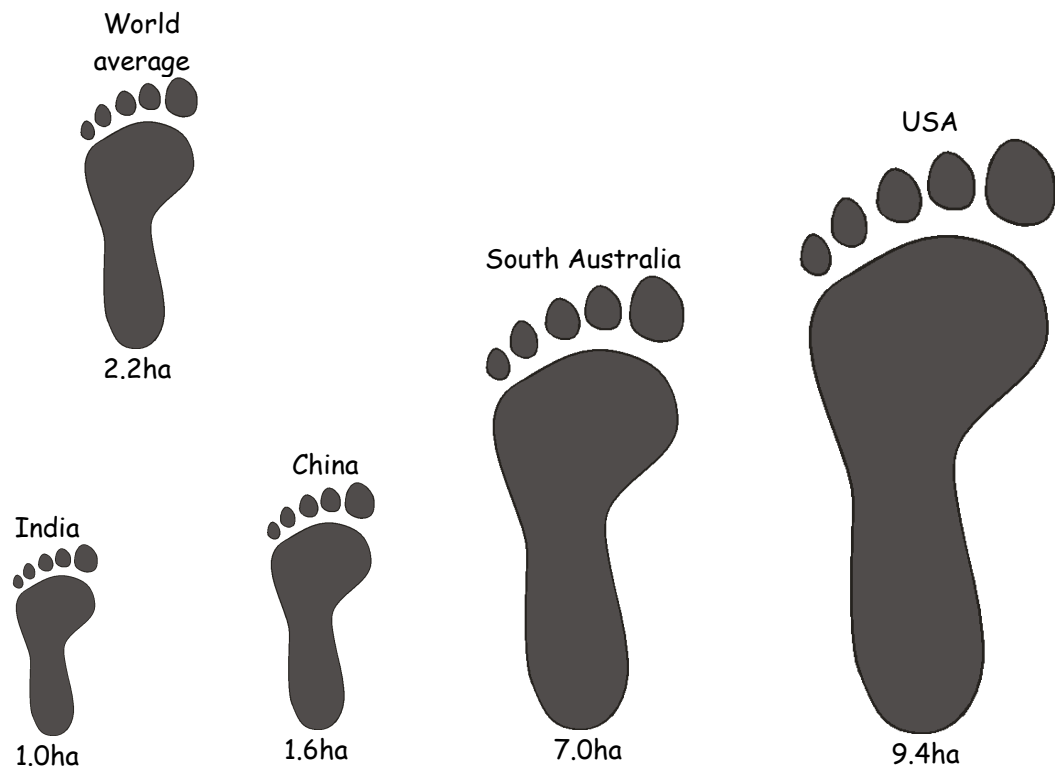
Your **ecological footprint** is the area of land and water, measured in hectares, required to support your lifestyle. It includes the area needed to provide your food and water, supply your energy requirements, absorb your waste, and provide your transport. You can calculate YOUR personal ecological footprint using a calculator like the one at www.ecologicalfootprint.com



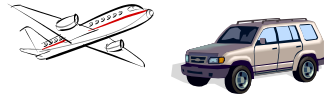
The **world average ecological footprint** is 2.2 hectares per person (see the footprints drawn here).

However, if we divide the area of usable land and water on the Earth by all the people alive today, only 1.8 hectares per person is available. This means we are using the Earth's resources faster than the earth can replace them!

South Australia's average ecological footprint is 7.0 hectares per person. If everyone on Earth lived like us we would need 4 planet Earths to keep us all alive!

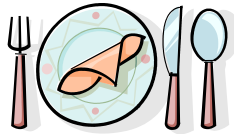


Transport



How can you reduce the size of YOUR foot-print?

Choose unprocessed foods if possible. They have less packaging. They have less additives for preserving the food and changing the taste of the food.



Avoid wasting food. Put small portions on your plate. Try to shop for food as you need it, rather than one big shopping trip.



Food

Choose locally produced food

Local food takes less energy to transport to your dinner plate. And it's more likely to be fresh too!



Have short showers. Aim for less than 3 minutes.



Turn taps fully off to avoid drips.

Water



Plant 'water-wise' plants when designing a garden.



Use captured rainwater in your toilet, bathroom and laundry



Turn off unnecessary appliances, especially energy hungry ones like heaters



Choose renewable energy sources if possible.

Recycle wherever you can. Making products from recycled materials uses much less energy.



Energy



Turn off lights when not needed. Use compact fluorescent bulbs where possible.



Recycle wherever you can. Making products from recycled materials means less waste goes to landfill.



Dispose of e-waste safely at a specially equipped e-waste recovery facility.



Avoid buying products that create an unnecessary waste problem eg excessive packaging

Waste



Compost kitchen food scraps. It reduces waste and also creates a valuable garden resource.