**Personal carbon footprint calculation**

Carbon Footprint Ltd (<http://www.carbonfootprint.com>) is meant for Blue chip and mid market companies through to SMEs and public sector organizations to maximize commercial opportunities as well as wishing to develop sustainability credentials that will enhance their brands and make their businesses better places to work at.

But it also allows individuals to measure their carbon footprint with suggested offsets to reduce the footprint (<http://www.carbonfootprint.com/calculator.aspx>).

The Calculator starts by you choosing your country and state to compare to average people in your country and to set up units used in the calculator. For example:

•The average footprint for people in United States is 20.40 metric tons

•The average for the industrial nations is about 11 metric tons

•The average worldwide carbon footprint is about 4 metric tons

You then choose the period for which you want to measure (i.e. Jan.1 2015 to Dec. 31 2015).

The next screens ask about your use for various categories.

**House**

You enter number of people in household (if 2, you will get charged for half the use) and the year’s use for electricity kwh, natural gas therms, coal kWh, LPG kWh, propane gallons, wooden pellets metric tons (if you have more than one house, you would add up the use). Natural gas does not vary by state, but electricity does. For example, 4730 kwh in California or Iowa creates 4.04 metric tons of CO2, whereas in New York, it creates 1.84 metric tons of CO2.

**Flights**

Enter the flight details and number of trips for up to 3 flight itineraries. For example, a round trip flight from San Francisco to Boston would result in .64 tons of CO2.

**Car**

Enter mileage, model and efficiency (in gallons) for each of your cars. If there are two of you using two cars, divide mileage in half.

**Motor bikes**

Enter the miles, size of bike and efficiency (mpg).

**Bus and Van**

Enter the miles used each year for Bus, Coach, Local or Commuter Train, Long Distance Train, Tram, Subway and Taxi.

**Secondary**

The following questions are asked. The underlined answers are the least impact resulting in .04 tons of CO2. The italicized answers are the ultimate consumer with the most impact resulting in 15.03 tons of CO2. Each car uses 1.0 tons of CO2 so with 10 cars instead of 3, it would be 22.03 tons of carbon. If there are two people using the two cars, count only one car.

**Food preferences**

I am a vegan; I am a vegetarian; I eat mainly fish; I eat mainly white meat; I eat a mix of white and red meat; *I eat red meat every day*

**Organic produce**

I only ever buy or grow our own organic food; Some of the food I buy or grow is organic; I *never buy or grow organic food or don't know what we buy*

**In season food**

I only ever buy or grow in season food; I try to buy or grow some in season food; *I don't try to buy or grow in season food*

**Imported food and goods**

I grow all my own food, and don't buy any produce; I only buy locally produced food and goods; I mostly buy local produce; I prefer to buy goods produced closer to home; *I don't notice where goods come from*

**Fashion**

*I regularly shop to have the latest fashions*; I buy new clothes when I need them; I only buy second hand clothes

**Packaging**

I don't buy anything which has packaging around it; I only buy things with very little packaging; I try and buy things with little packaging; *I only buy things which are nicely packaged*

**Furniture and electricals**

*I like to have the latest technology and latest home fashion*; I mostly buy new but generally keep things for more than 5 years; I only buy essential equipment and use it until it wears out; I only buy second hand furniture and appliances

**Recycling**

Everything I use gets recycled or composted; Most of my waste is recycled; Some of my waste is recycled; *I don't recycle at all*

**Recreation**

I only do zero carbon activities e.g. walk and cycle; I occasionally go out to places like the movies, bars or restaurants; I often go out to places like the movies, bars or restaurants; *I enjoy carbon intensive activities e.g. quad biking, sky diving and flying*

**Car manufacture**

I don't own a car; I own one car; I own two cars; *I own three cars*; I own four cars; I own five cars; I own six cars; I own seven cars; I own eight cars; I own nine cars; I own ten cars

**Finance and other services**

I don't even have a bank account; *I use the standard range of financial services*

Your Footprint includes activities in the services category that are not considered personal, but societal. These areas include (but are not limited to) health care, entertainment, restaurants, real estate, legal services, government and the military. These services are not variable in the calculator: everyone taking the quiz has a portion of their nation’s “services” Footprint allocated to them.

The worldwide target to combat climate change is 2 metric tons per person.

For Individuals, here's a list of simple things you can do immediately

* Turn it off when not in use (lights, television, DVD player, Hi Fi, computer etc.).
* Turn down the central heating slightly (try just 1 to 2 degrees C). Just 1 degree will help reduce your heating bill by about 8%.
* Turn down the water heating setting (just 2 degrees will make a significant saving)
* Check the central heating timer setting - remember there is no point heating the house after you have left for work
* Fill your dish washer and washing machine with a full load - this will save you water, electricity, and washing powder
* Fill the kettle with only as much water as you need
* Do your weekly shopping in a single trip
* Hang out the washing to dry rather than tumble drying it

The following is a list of items that may take an initial investment, but should pay for themselves over the course of 1-4 years through savings on your energy bills.

* Fit energy saving light bulbs
* Install thermostatic valves on your radiators
* Insulate your hot water tank, your loft and your walls
* Installing cavity wall installation by installing 180mm thick loft insulation
* Recycle your grey water
* Replace your old fridge / freezer (if it is over 15 years old), with a new one with energy efficiency rating of "A" "
* Replace your old boiler with a new energy efficient condensing boiler
* Travel less and travel more carbon footprint friendly
* Car share to work, or for the kids school run
* Use the bus or a train rather than your car
* For short journeys either walk or cycle
* Try to reduce the number of flights you takeSee if your employer will allow you to work from home one day a week
* Next time you replace your car - check out diesel engines. With one of these you can even make your own Biodiesel fuel. Find out more about Biodiesel
* When staying in a hotel - turn the lights and air-conditioning off when you leave your hotel room, and ask for your room towels to be washed every other day, rather than every day

As well as your primary carbon footprint, there is also a secondary footprint that you cause through your buying habits.

* Don't buy bottled water if your tap water is safe to drink
* Buy local fruit and vegetables, or even try growing your own
* Buy foods that are in season locallyDon't buy fresh fruit and vegetables which are out of season, they may have been flown in
* Reduce your consumption of meatTry to only buy products made close to home (look out and avoid items that are made in the distant lands)
* Buy organic produce
* Don't buy over packaged products
* Recycle as much as possible
* Think carefully about the type of activities you do in your spare time. Do any of these cause an increase in carbon emissions? e.g. Saunas, Health clubs, restaurants and pubs, go-karting etc. etc..

To offset your personal carbon footprint greater than 2 tons of CO2, the website also offers the following options:

**Global Portfolio** - Your funding supports our Global Portfolio VCS certified carbon reduction programmes across the World via a combination of key projects - that includes carbon avoidance, clean and renewable energy generation and within developing countries, where they also provide strong social benefits. ($ 123.93 to offset 11.125 tonnes).

**Reforestation in Kenya** - Your pledge funds the planting of native broad leaved trees in the Great Rift Valley, Kenya. For each tCO2e one tree is planted and an additional tCO2e is offset through a VCS Tree Buddying project to guarantee the emission reductions (160.41 to offset 12 tonnes ($ 13.37 per tonne).

**UK Tree Planting** - Your pledge funds the planting of trees in the UK region of your choice. Supporting wildlife habitats whilst offsetting your carbon emissions. For each tCO2e offset, one tree is planted in the UK and an additional tCO2e is offset through a VCS Tree Buddying project to guarantee the emission reductions ($ 229.92 incl. 20% VAT to offset 12 tonnes).

**Certified Emission Reduction** - Your funding supports Clean Development Mechanism (CDM) projects that have generated CER credits. These projects are fully verified to Kyoto / United Nations standards. CDM projects support sustainable development in developing countries through projects such as Wind Energy, Hydro Power and Biomass (109.06 incl. 20% VAT to offset 11.125 tonnes).

Note:

My personal footprint was:

House 1.71 metric tons of CO2e

Flights 0.62 metric tons of CO2e

Car 1.58 metric tons of CO2e

Motorbike 0.00 metric tons of CO2e

Bus & Rail 0.00 metric tons of CO2e

Secondary 5.36 metric tons of CO2e

Total = 9.27 metric tons of CO2e

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