

An ecological footprint is a method for calculating your impact on the natural environment by assessing how much land is required to produce the natural resources that you use. We use these resources for food, clothes, housing, heat, transportation, education, and recreation.

Use google and search for **ecological foot print calculator**. There are a number of websites that calculate ecological footprints. They tend to give answers in terms of the area needed to sustain an individual, and the number of Earth-like planets needed to support humanity if everyone had the same lifestyle as the respondent.

If you are unsure of an answer ask the teacher or a friend, some calculators are much more complex than others.

1.) What calculator did you use? Website: _____

2.) How many Earth or area would it take to sustain the world population if everyone lived like you?

3.) Use google to find out the average Canadians ecological footprint. _____

4.) What is the worlds ecological footprint in terms of number of Earths needed? _____

5.) Is our way of life sustainable? _____

What can I do to change my community's and my personal footprint?

While it may not be possible to affect all of the variables that produce your community's ecological footprint, you can personally take action in several ways to reduce your individual ecological footprint. If enough individual action is taken we can expect to observe improvements in the Region's ecological footprint over time. You may wish to try some of the following actions in these areas:

Food:

- Buy more locally grown and organic food
- Buy more unpackaged and unprocessed foods
- Eat vegetarian meals more frequently

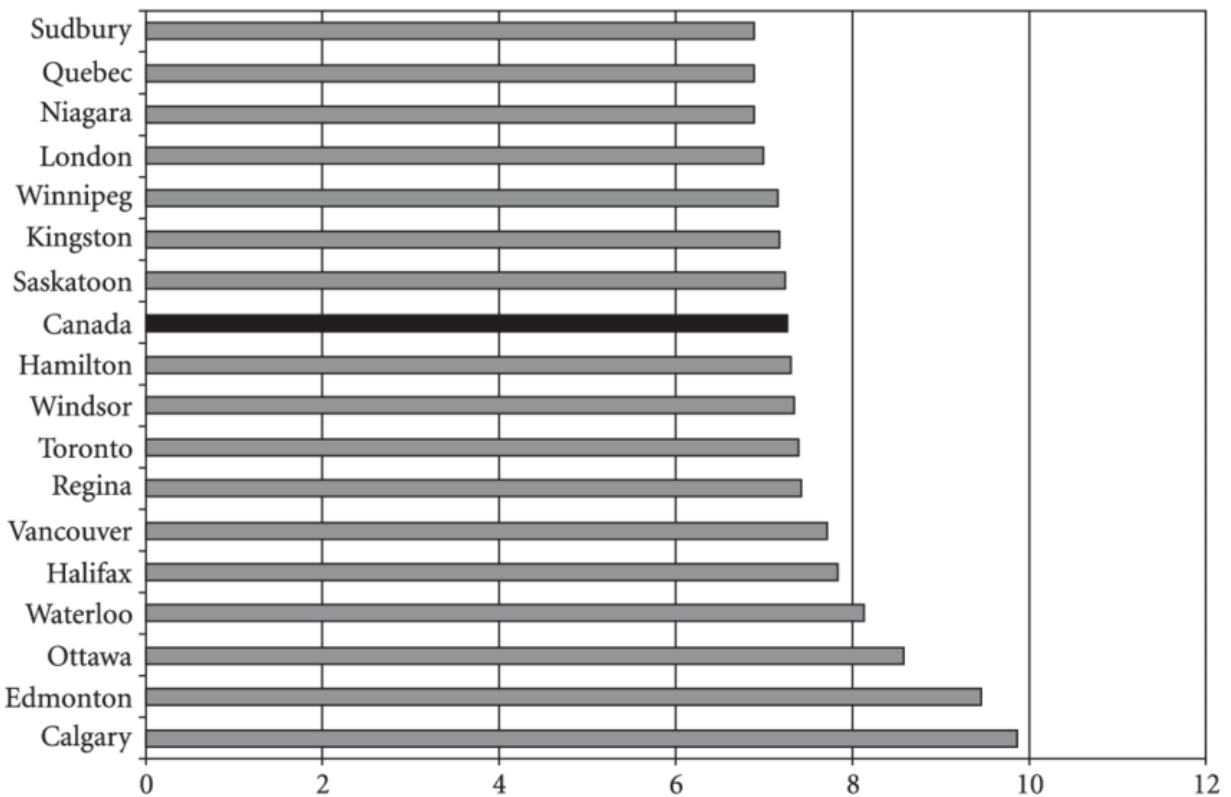
Mobility:

- Drive your car less and carpool whenever possible
- If you drive, choose a more fuel efficient vehicle
- Use public transit, bike or walk whenever possible

Housing:

- Hang clothes to dry - limit the number of loads of laundry _ that go in your dryer
- Reduce the number of days you use the air conditioner Practice water and energy conservation
- Turn off lights and use energy efficient bulbs and appliances

6.) What are some things that you could do to lower your ecological footprint?



7.) Use google/why do you think Calgary has the highest ecological footprint in Canada
