

WHAT'S YOUR CARBON FOOT PRINT?

Last year ten members of the Men's Breakfast decided to find out. They looked back at a year's energy consumption and calculated the carbon dioxide output for each household. Here's what they found.

The biggest generator of carbon dioxide was home heating.

Those who heat with oil used an average of 820 gallons of oil generating 18,368 pounds.

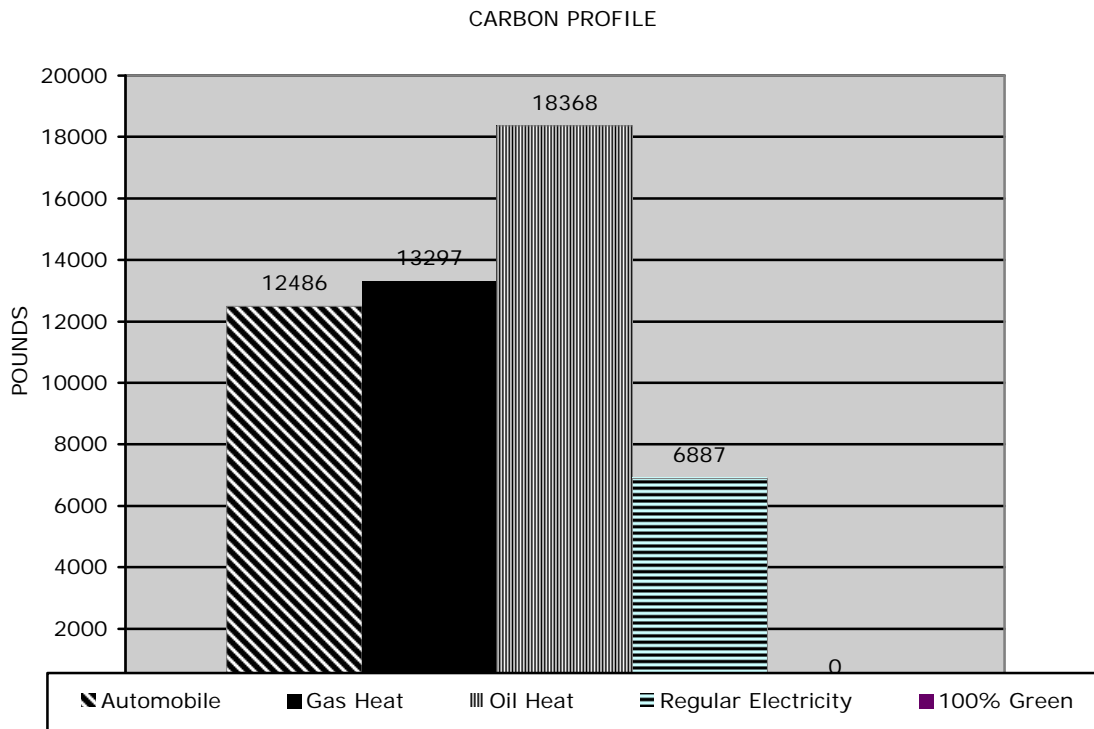
Those who heat with natural gas used an average of 1136 ccf generating 13,297 pounds.

The next biggest contributor was automobile transportation.

The average household used 637 gallons of gasoline generating 12,486 pounds.

In third place was electricity.

The average household used 6759 KWH. This resulted in between nearly zero pounds and 6887 pounds depending on the source of power selected. For those choosing the 100% Green option from Cape Light Compact there was almost no carbon dioxide generated. Those who use the standard offering generated 6887 pounds.



Your
Totals

'===== '===== '===== '===== '=====

Your Name: _____

HOW TO CALCULATE YOUR OWN CARBON DIOXIDE AMOUNTS

AUTOMOBILE: To calculate your automobile carbon dioxide output, first estimate the number of miles you drive per year, then divide by your average miles per gallon. This will give you the total gallons used. Multiply the gallons by 19.6 to get the pounds of carbon dioxide. If you have more than one car add the amounts together to get the total household amount.

$$\text{_____ miles per year} / \text{_____ miles per gallon} = \text{_____ gallons per year} * 19.6 = \text{_____ pounds CO}_2$$

HEATING: If you heat with gas, look at your most recent gas bill. There will be a table showing your gas use each month over the last 14 months. Add up the ccfs (hundreds of cubic feet) for 12 months. Next multiply the total ccfs by 11.7 to get the pounds of carbon dioxide.

$$\text{Gas: _____ ccfs per year} * 11.7 = \text{_____ pounds CO}_2$$

If you heat with oil, estimate the number of gallons you consumed over the last year and multiply by 22.4 to get the pounds of carbon dioxide.

$$\text{Oil: _____ gallons per year} * 22.4 = \text{_____ pounds CO}_2$$

ELECTRICITY: Look at your most recent electric bill and find the table of KWH (kilowatt hours.) Add up the last twelve months of usage. If you have standard service provided by Cape Light Compact multiply the total KWH by 1.019 to get the pounds of carbon dioxide. If you have switched to Cape Light Compact's 100% Green multiply by zero. If you switched to 50% Green multiply by 0.5.

$$\begin{aligned} \text{_____ kilowatt-hours per year} * 1.019 = \text{_____ pounds CO}_2 & * 1 \text{ for standard} = \text{_____ pounds CO}_2 \\ & * 0.5 \text{ for 50\% green} = \text{_____ pounds CO}_2 \\ & * 0 \text{ for 100\% green} = \sim 0 \text{ pounds CO}_2 \end{aligned}$$

Please fill out this form and bring it back to the Fellowship next week if you can! We will have a collection box in the foyer, or you can drop it in the offering plate, give it to Bill Jackson, or put it in the Green Sanctuary mailbox in the office. Who uses the least energy among us, and how do they do it? We would like to share ideas, information, and inspiring stories.

Over the coming months the Green Sanctuary Committee will be offering information about steps you can take to reduce your carbon dioxide output.

A final note about CO₂ and food: Globally, the production and transport of food accounts for about one fourth of human-made CO₂ emissions, and a much higher fraction of methane emissions.

Converting from a standard American diet to a diet based completely on plant foods would have about the same impact on your CO₂ budget as switching from an SUV to a Prius. To reduce the environmental impact of the food you eat, seek out foods that are locally and sustainably produced; eat less meat; and when you do eat meat, seek out meat that is humanely raised and handled, grass-fed and pasture-raised.