

Environmentally-Friendly Consumption Survey

Circle your answer for each of the following statements. The more honest you are, the more helpful the information you will receive. Items adapted from www.eartheducation.com.

Food Consumption and Packaging Habits

	Rarely	Sometimes	Usually
1. I take my own paper sacks (or other containers) to the grocery store	1	2	3
2. I grow some of my own food	1	2	3
3. I compost food waste	1	2	3
4. I use Styrofoam products	1	2	3
5. I eat red meat at least twice a week	1	2	3
6. I avoid eating animals raised in modern factory-farm production	1	2	3
7. I am a vegetarian	1	2	3
8. I grow or buy organically produced foodstuffs	1	2	3
9. I belong to a food co-op	1	2	3
10. I do grocery shopping at Whole Foods or other health food stores	1	2	3
11. I shop at the farmer's market	1	2	3
12. I eat at fast-food restaurants	1	2	3

Household Energy & Supplies

	Rarely	Sometimes	Usually
1. I turn off electric lights and appliances when no one is in the room	1	2	3
2. I heat a portion of my home using renewable resources (biogas, wood, solar)	1	2	3
3. I run a dishwasher only when it is full and then let the dishes drip dry	1	2	3
4. I set the thermostat at no higher than 68 degrees during the day and 55 degrees at night	1	2	3
5. I use air conditioning during the summer	1	2	3
6. I use storm doors and windows	1	2	3
7. I use a non-motorized push lawnmower	1	2	3
8. I wash my clothes in cold water	1	2	3
9. I use low wattage and/or energy saving light bulbs	1	2	3
10. I use pesticides or other chemical fertilizers	1	2	3

Water & Waste Water

	Rarely	Sometimes	Usually
1. I bathe every day	1	2	3
2. I limit my showers to five minutes or less	1	2	3
3. I turn off the water heater when leaving the house for more than a day	1	2	3
4. I turn off the water when brushing my teeth or shaving	1	2	3
5. I install regulators on shower heads to reduce the water used	1	2	3
6. I use phosphate free detergents	1	2	3
7. I have low flow toilets in my home	1	2	3
8. I use naturalistic landscaping	1	2	3

Transportation Habits

	Rarely	Sometimes	Usually
1. I drive a vehicle that achieves 30 miles or more per gallon	1	2	3
2. I recently purchased a hybrid	1	2	3
3. I recently purchased an SUV	1	2	3
4. I regularly walk or ride a bicycle somewhere rather than driving	1	2	3
5. I car pool or use mass transit	1	2	3
6. I keep my vehicle properly tuned and serviced	1	2	3
7. I purchase radial tires and keep them properly inflated	1	2	3
8. I purchase a new car every few years	1	2	3

Recycling & Reusing

	Rarely	Sometimes	Usually
1. I recycle aluminum	1	2	3
2. I recycle newspaper	1	2	3
3. I recycle glass bottles	1	2	3
4. I recycle metal cans	1	2	3
5. I recycle magazines or give them to other people	1	2	3
6. I use both sides of a sheet of paper	1	2	3
7. I throw items away rather than repairing them	1	2	3
8. I give unnecessary clothing and furnishings to charity	1	2	3
9. I reuse plastic and paper bags	1	2	3
10. I buy throw-away pens	1	2	3
11. I reuse envelopes	1	2	3

What other ways do you consumer products and services in an environmentally-friendly manner?

Scoring Keys

Food Consumption & Packaging Habits (Average Score: 12; Excellent: 20)

Score A: Add scores for items 1, 2, 3, 6, 7, 8, 9, 10, 11 =

Score B: Add scores for items 4, 5, 12 =

Food Consumption & Packaging Score: Score A minus Score B =

Household Energy & Supplies (Average Score: 12; Excellent: 18)

Score A: Add scores for items 1, 2, 3, 4, 6, 7, 8, 9 =

Score B: Add scores for items 5, 10 =

Household Energy & Supplies Score: Score A minus Score B =

Water & Waste Water (Average Score: 10; Excellent: 17)

Score A: Add scores for items 2, 3, 4, 5, 6, 7, 8 =

Score B: Score for item 1 =

Water & Waste Water Score: Score A minus Score B =

Transportation (Average Score: 8; Excellent: 13)

Score A: Add scores for items 1, 2, 4, 5, 6, 7 =

Score B: Add scores for items 3, 8 =

Transportation Score: Score A minus Score B =

Recycling & Reuse (Average Score: 14; Excellent: 21)

Score A: Add scores for items 1, 2, 3, 4, 5, 6, 8, 9, 11 =

Score B: Add scores for items 7, 10 =

Recycling & Reusing Score: Score A minus Score B =