

Appendix: Ecological Footprint Questionnaire		
HOUSING	Steps	Points
How many people live in your household?		
1	3	30
2	2	25
3	2	20
4	1.5	15
5 or more	1	10
How is your house heated?		
Natural gas	3	30
Electricity	4	40
Oil	5	50
Renewable energy (solar, wind)	1	10
How many individual taps (in your kitchen, bathrooms, and outside) and toilets do you have in your house?		
Less than 3	0.5	5
3-5	1	10
6-8	1.5	15
8-10	2	20
More than 10	2.5	25
What type of home do you live in?		
Apartment/ flat	2	20
House	4	40
FOOD		
How many meals per week do you eat meat or fish?		
0	0	0
1-3	1	10
4-6	2	20
7-10	3.5	35
More than 10	5	50
How many meals do you eat per week prepared from fresh ingredients (not 'ready' meals or frozen pizzas)?		
Under 10	2.5	25
10-14	2	20
14-18	1.5	15
More than 18	1	10
When purchasing your food items, does your family try to buy locally produced goods?		
Yes	2.5	25
No	12.5	125
Sometimes	5	50
Rarely	10	100
Don't know	7.5	75
TRANSPORTATION		
If you or your family own a car, what type of car is it?		
Motorcycle	1.5	15
Small compact	3.5	35
Mid-sized	6	60
Large	7.5	75
Sports, 4 by 4 vehicle or mini van	10	100
Pick-up truck or full-size van	13	130



	Steps	Points
How do you get to school/ work?		
Car	5	50
Public transport	2.5	25
School bus	2	20
Walk	0	0
Bicycle, rollerblade or skateboard	0	0
Where did you go on holiday/ vacation within the last year?		
No vacation	0	0
Own country, own region	1	10
Own country, different region	3	30
International	4	40
Intercontinental	7	70
How many weekend trips per year do you take by car or plane?		
0	0	0
1-3	1	10
4-6	2	20
7-9	3	30
More than 9	4	40
PURCHASES		
How many large purchases (stereo, TV, computer, car...) has your household made in the last year?		
1-3	1.5	15
4-6	3	30
More than 6	4.5	45
Have you bought any energy-efficient products in the past year instead of non-energy efficient (fridges,etc.)?		
Yes	0	0
No	2.5	25
WASTE		
Do you try to reduce the amount of waste you generate (eg. Buying food in bulk, refusing junk mail/ flyers...)?		
Always	0	0
Sometimes	1	10
Rarely	2	20
Never	3	30
Does your household compost?		
Always	0	0
Sometimes	1	10
Rarely	1.5	15
Never	2	20
Does your household recycle paper, cans, bottles etc.?		
Always	0	0
Sometimes	1	10
Rarely	1.5	15
Never	2	20
How many rubbish bags of waste do you fill each week?		
One half-full garbage bag	0.5	5
1	1	10
2	2	20
More than 2	3	30

