

estimate your CO₂ footprint

How do you know what to do, if you don't know where you stand? Use this worksheet to calculate your household's average contribution to global CO₂ emissions.

Residential Heat and Electricity

1. Yearly average bill for Electricity

_____ \$/2 months (an average 2 person home pays \$150)

Multiply by 6 to get a yearly average.

Divide this number by .08 (average price per Kilowatt hour) →

This is the average number of pounds of CO₂ emitted in year (1 KWh emits about 1 lb of CO₂)

2. Yearly average bill from Central Hudson for Natural Gas

_____ \$/2 months (average 2 person home pays \$175)

Multiply by 6 to get a yearly average. This is the number of cubic feet of gas you use (a CCF of gas costs about \$1)

Multiply this number by 12 →

This is the average number of pounds of CO₂ you emitted in 1 year

3. If you use heating oil, how much do you spend in 1 year? (an average home pays \$1600)

Divide this number by 2.4 (this is the avg. number of gallons you used)

Multiply this number by 22 →

This is the number of pounds of CO₂ in the heating oil used

Car travel Please consider, separately, each car in your household

4. Car 1

Miles driven per year (average is 15,500 miles/year or 330 miles/week)

Divide this by the mileage of the car (flip over for average mpg) →

Multiply by 9 lbs of CO₂ →

5. Car 2 (follow the same formula as above) →

Air travel

6. Number of small, medium, and large round trip flights you take in 1 year

Small (NY to Chicago)

Multiply the # of trips by 800 lbs CO₂ →

Medium (NY to LA or Europe)

Multiply the # of trips by 3000 lbs CO₂ →

Large (NY to Tokyo or Australia)

Multiply the # of trips by 8,000 lbs CO₂ →

Total pounds of CO₂ emitted per year →

What is not considered in this calculation?

What do you eat? How far does food travel to your plate? How much energy is used to grow your food?

Do you use jet skis, snowmobiles (get 8mpg), or outboard motors (a 50 hp outboard motor gets 5.8 mpg)?

Do you get any energy from wind or solar? Do you use public transportation or do you walk or bike?

How much garbage do you throw out? Do you recycle? Why does this matter? Think about the production, transport and break-down of waste from creation to placement in a landfill.

What can you do today, next month and in the next year to lower your footprint?

Sources:

Please refer to these sites to calculate a more detailed carbon footprint or find out more about carbon emissions

Calculators:

www.nativeenergy.com

www.climatefriendly.com

www.myclimate.org

www.empowermentinstitute.net/lcd

www.footprintnetwork.org

http://www.epa.gov/climatechange/emissions/ind_calculator.html

Reducing or offsetting emissions:

www.carbonfund.org

www.climatecare.org

www.seastudios.org/climate-friendly_checklist.pdf

Information on energy use and emissions

Energy Information Agency: www.eia.doe.gov

Fuel sources and emissions data for New York energy companies:

www.dps.state.ny.us/EnvDisclosureLabel.html

The Carbon Dioxide Information Analysis Center: <http://cdiac.esd.ornl.gov/>

Average mileage by class

Compact car: 29 mpg

Medium sized car: 25 mpg

SUV/truck: 16 mpg

The current average mileage of Americans is 22 mpg

