

• Sarasota Monthly Meeting • Carbon Footprint Survey - Phase II

Name

*PART I: CF Opportunities -- Travel*

	Did before March 2014	Did after March 2014	Plan to do during 2016	Don't plan to do	N/A
<b><i>AUTO PURCHASE: Purchase more fuel efficient car (new or used)</i></b>					
<b><i>AUTO MILES: Drive fewer miles (alternative transport, car pool, walk, bike,...)</i></b>					
<b><i>MAINTENANCE: Improve auto maintenance (service, checking tire pressure,...)</i></b>					
<b><i># VEHICLES: Reduce number of cars in household.</i></b>					
<b><i>AIR TRAVEL: Reduce the household annual air miles (fewer trips, combined trips, use alternatives, such as trains)</i></b>					
<b><i>DESTINATION PLANNING: Stay at "green" hotels, limit local travel, use public transport.</i></b>					
<b><i>OTHER INITIATIVES (explain)</i></b>					

Please provide details of any initiatives adopted by your household on this page (descriptions, quantities, etc.).

**PART II: CF Reduction Opportunities -- Home**

	Did before March 2014	Did after March 2014	Plan to do during 2016	Don't plan to do	N/A
<b>SOLAR:</b> Install solar energy system(s)					
<b>THERMOSTAT:</b> Adjust thermostat (warmer in summer, cooler in winter).					
<b>REPLACE:</b> Replace inefficient heating & cooling systems (AC, hot water,...)					
<b>INSULATION:</b> Improve home insulation (walls, windows, roof,...)					
<b>LIGHTING:</b> Replace incandescent lights with LED's. Turn off lights when not in use.					
<b>APPLIANCES:</b> Purchase "Energy Star" rated appliances (refrigerator, washer/ dryer,...)					
<b>LAUNDRY:</b> Use cold water for wash; line dry clothes when possible					
<b>WATER:</b> Replace shower heads with low flow types; landscape with "water-friendly" plants.					
<b>WASTE:</b> Increase recycling; stop junk mail.					
<b>OTHER INITIATIVES (Explain):</b>					

**Please provide details of any initiatives adopted by your household on this page (descriptions, quantities, etc.).**

**PART III: CF Reduction Opportunities -- Food:**

	Did before March 2014	Did after March 2014	Plan to do during 2016	Don't plan to do	N/A
<b>CHANGE FOOD TYPES:</b> Increase sources of food from grains, vegetables & fruit; Reduce beef, poultry, eggs, fish & dairy.					
<b>MODIFY DIET WITHIN TYPES:</b> Beef, pork, lamb & dairy products produce more C02 emissions than fish & poultry.					
<b>LOCAL PRODUCERS:</b> Local growers use less C02 for food transportation; are fresher, support the local economy and increase regional diversity.					
<b>WASTE:</b> Total food waste, including production, distribution, local grocery & in the home is estimated at 25% of C02 emissions. Waste less.					
<b>EAT ORGANIC:</b> There is some debate over the actual difference in C02 emissions, but organic food has other advantages.					
<b>OTHER INITIATIVES (Explain):</b>					

**Please provide details of any initiatives adopted by your household (descriptions, quantities, etc.)**

**PART IV: CF Reduction Opportunities -- OTHER :**

	Did before March 2014	Did after March 2014	Plan to do during 2016	Don't plan to do	N/A
SHOPPING: Like travel, home energy use & food, the goods and services we consume generate CO2 emissions in the production process. Spend less for goods & services or purchase "used".					
PURCHASE CARBON OFFSETS: Individuals can purchase CO2 "credits" from various organizations which are used to promote "sustainable" agriculture, reforest land with indigenous species in many less developed areas of the world, including Nicaragua. The "cost" of purchase is approximately \$20 per ton of CO2. This can be an attractive option, especially in types of emissions where individual households have limited control, <i>e.g.</i> air travel for work.					
OTHER INITIATIVES (Explain):					

**Please provide details of any initiatives adopted by your household on this page (descriptions, quantities, etc.).**