



# LIFESTYLE CHOICES



How does the way we choose to live determine our impact on the environment?

The things we buy  
are made from raw materials  
that are converted into finished goods  
and transported to the places where we buy them.

Our **PURCHASE DECISIONS** dictate what damage is done in these three processes.

**ETHICAL SHOPPING** is the idea that we can minimise the damage caused by our purchases - to the environment, people or animals. Examples:

- **Rainforests are cleared** to grow palm oil, soya beans and beef cattle.
- **Species are endangered** by unsustainable use – timber, skins, fish.
- **Marine communities are destroyed** by dragnet fishing for shellfish.
- **Lakes and rivers are drained** to irrigate cotton fields for our clothes.
- **Farm animals suffer** in the production of veal, foie gras, battery eggs, intensively-farmed meat and dairy products.
- **Fossil fuels are burned** to transport the goods we buy - often right around the world!

Our **CARBON FOOTPRINT** measures our contribution to GLOBAL WARMING.

It is made up of all the ways we use fossil fuels. Some of the main uses are:

- Energy – heating, lighting, cooking, cooling, washing, entertainment.
- Transport – private, public, goods and international.
- Intensive agriculture – fertilisers, pesticides, fuel for farm machinery.
- Manufacturing – food, drinks, chemicals, plastics, metals, electrical and electronic goods
- Retailing – persuading us to consume.
- Mining and extraction.
- Building.

Our **LEISURE ACTIVITIES** are a major influence on our carbon footprint. Examples:

- Flying uses around 10 times as much fuel per passenger as going by train.
- 4 people driving together in a car can be as fuel-efficient as going by train.
- One long-haul return flight for a family of 4 will result in more greenhouse gas emissions than their whole carbon footprint at home!
- Camping uses very little energy compared with staying in houses or hotels.



# LIFESTYLE CHOICES



How does the way we choose to live determine our impact on the environment?

		A	B	C	Answer	Score
1	Breakfast	Fry-up	Cereal with milk	Toast and jam		
2	Lunch	McDonalds	Sandwich	Homemade Soup		
3	Dinner	Steak	Pasta	Mackerel		
4	Clothes shop	H&M	M&S	Oxfam		
5	Day off	Alton Towers	Odds Farm	Thames Path		
6	Weekend away	New York	Eurostar	Bear's Rails		
7	Summer holiday	Caribbean cruise	Southern Spain	Camping in West Wales		
8	Car	4 X 4	Civic Hybrid	Citroen C1		
9	Mobile phone	New handset every year	Just a phone	Charger unplugged when not in use		
10	Home computer	Always on	Off at night	Laptop		
11	Lights	Always on	Off when rooms empty	Energy saving		
12	Games console	Always on standby	Plugged in now & then.	Who wants one of them?		
13	TV	Big plasma	Medium LCD	CRT		
14	Fridge / freezer	Very old	Under 5 years old	A+ energy rating		
15	Boiler	Very old	Under 5 years old	A+ energy rating		
16	Trip to library	Drive	Bus	Walk		
17	Heating	Always cosy	On when needed	Cool – wear layers		
18	Gas & electricity meters	Where are they?	Expensive but what can you do?	Measure and reduce usage		
19	Washing – one year	Bath every day	Love a power shower	Navy shower		
20	Waste	Recycle glass	Recycle all I can	Buy less packaging		
	<b>TOTAL</b>					

Your total is APPROXIMATELY your personal carbon footprint for a whole year.



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## ANSWERS:

Approximate ANNUAL GHG emissions in kg CO<sub>2</sub>e or arbitrary 'ethical' weighting

		A	B	C
1	Breakfast	Fry-up 2160	Cereal with milk 360	Toast and jam 72
2	Lunch	McDonalds 2160	Sandwich 360	Homemade Soup 108
3	Dinner	Steak 4320	Pasta 360	Mackerel 72
4	Clothes shop (imaginary to capture ethical trading)	H&M 2000	M&S 1000	Oxfam 0
5	Monthly day out	Alton Towers 1200	Odds Farm 60	Thames Path 12
6	Weekend away	New York 4000	Eurostar 100	Bear's Rails 5
7	Summer holiday	Caribbean cruise 10000	Southern Spain 2000	Camping in West Wales 200
8	Car for a year	4 X 4 6000	Civic Hybrid 2000	Citroen C1 2000
9	Mobile phone	New handset every year 500	Just a phone 100	Charger unplugged when not in use 30
10	Home computer	Always on 1000	Off at night 500	Laptop 100
11	Lights	Always on 600	Off when rooms empty 300	Energy saving 100
12	Games console	Always on standby 500	Plugged in now & then. 50	Who wants one of them? 0
13	TV	Big plasma 1000	Medium LCD 200	CRT 200
14	Fridge / freezer	Very old 600	Under 5 years old 300	A+ energy rating 30
15	Boiler	Very old 8000	Under 5 years old 4000	A+ energy rating 1500
16	Weekly trip to library	Drive 100	Bus 10	Walk 0
17	Heating	Always cosy 2000	On when needed 500	Cool – wear layers 100
18	Gas & electricity meters	Where are they? 1000	Expensive but what can you do? 0	Measure and reduce usage -1000
19	Washing	Bath every day 5000	Love a power shower 2500	Navy shower 300
20	Waste	Recycle glass -500	Recycle all I can -1000	Buy less packaging -1000
	<b>TOTALS</b>	<b>50640</b>	<b>13700</b>	<b>2829</b>