



Carbon Footprint Worksheet

6/20/18

- Step 1:** Use this worksheet to collect your household’s current emissions information.
Step 2: Input worksheet results into the RN Carbon Calculator. Keep this worksheet for your records.
Step 3: Complete the online Carbon Footprint Survey while connected to the internet before meeting 2.

1. **HOUSEHOLD VEHICLES:** Fill in the chart below with the miles driven per year and the miles per gallon achieved for each vehicle in your household. If you drive as part of your job, exclude miles driven for work.

| Vehicle # | Miles driven per year | Miles per gallon (MPG) | Vehicle # | Miles driven per year | Miles per gallon (MPG) |
|-----------|-----------------------|------------------------|-----------|-----------------------|------------------------|
| 1 | | | 3 | | |
| 2 | | | 4 | | |

Tips: Calculating miles per gallon (MPG): Estimate your vehicle’s MPG based on 2015 CA passenger vehicle average of 24.8 MPG, or search by car make and model: <http://www.fueleconomy.gov/feg/bymake/bymanuNF.shtml>.
Biodiesel: Double the mileage your vehicle would get if it used petroleum diesel, e.g. 30 mpg becomes 60 mpg.
EV’s: If you use renewable energy to charge it, just write EV/Solar which is equal to zero emissions. If you use regular electricity or if you have a hydrogen fuel cell car, contact RN for assistance.
Calculating miles driven per year: Check car maintenance or emissions testing records for odometer readings and pro-rate to 12-months, or make an estimate based on the US average per person in 2015 of 14,500 miles/year.

2. **AIR TRAVEL:** Include the flight miles travelled for **EACH PERSON** in your household during the last year, even if you are all on the same airplane. If last year was unusual, you can average typical flights over the last 3 years.

| | |
|--|---------------|
| List the total AIRLINE MILES your family travelled last year. | Miles= |
|--|---------------|

Tips: If you travel as part of your job, you can exclude airline miles flown for work. Check out the following website for air mileage between airports. http://www.worldatlas.com/travelaids/flight_distance.htm

3. **HOME ENERGY:**

| | | |
|---|---|-----------------------------|
| 1 | Who do you buy electricity from? | Circle: MCE PG&E |
| 2 | Do you currently purchase electricity from 100% renewable sources through MCE’s Deep Green or PG&E’s Solar Choice ? | Circle: YES NO |
| 3 | How many kilowatt-hours of ELECTRICITY did your household use in the last year? | kWhs= |
| 4 | How many therms of GAS did your household use in the last year? | Therms= |
| 5 | If propane or oil, how many gallons did your house use in the last year? | Gallons= |

Questions 6 & 7 are **OPTIONAL**.

| | |
|---|----|
| 6. How much was your electric bill for these months? | |
| January | \$ |
| June | \$ |
| August | \$ |
| 7. How much was your gas bill for these months? | |
| January | \$ |
| June | \$ |
| August | \$ |

Tips: Electricity provider: PG&E sends out bills to all residents, but may not be your electricity provider. To see if you purchase electricity from MCE, look on the page of your bill that lists 'Electric Generation'.

For energy usage information log onto www.pge.com and choose the option 'Energy Use Details.' You will see a bar chart sorted by bill, for the most recent year. Hover your cursor over each bar and the kWh used for that month will appear. Just total up all the kilowatts from the previous 12 months. Then choose the 'gas' option to calculate the terms of gas you used last year. You can also compare by costs and weather.

You can also call PG&E with your account number at 1-866-743-0335, 24 hours a day. To cut through the automation, just say, "Speak to operator or service rep and they will access your information for you."

Find what you paid for January, June and August. Check your bills, go online or ask the service operator.

4. **HOUSEHOLD FOOD CHOICES:** The average American diet causes annual CO₂ emissions of 5,512 lbs. For people who eat a lot of meat, it is higher. Estimate the number of days per week that the diet of each member of your household includes the following:

| Estimate how many days a week each household member eats the following. | Person 1 | Person 2 | Person 3 | Person 4 | Person 5 |
|---|----------|----------|----------|----------|----------|
| 1. Meat: beef, lamb, pork, poultry, and fish | | | | | |
| 2. Vegetarian: no meat and does include animal products like cheese, milk, eggs, and/or yogurt | | | | | |
| 3. Vegan: no meat or animal products | | | | | |
| Each column should add up to 7 days | 7 | 7 | 7 | 7 | 7 |

5. **HOUSEHOLD WASTE:**

About how many gallons of garbage does your household currently produce each week? Do not include recycled or composted waste.

Gallons=

Tips: Check your bill to determine the size of your landfill waste cart (most are 32 gallons) and estimate how many gallons of waste you put out each week. Example: If you have a 32-gallon cart and typically fill it half way, you are producing 16 gallons of waste each week on average. Another strategy is to compare your waste to a gallon container of milk and estimate how many of those milk containers equals the volume of your average weekly trash.

6. **WATER USE (optional):** Your water usage is not required to fill out the RN Carbon Calculator.

How many **gallons PER YEAR** does your household use?

Gallons=

Tips: Refer to your water bills from the past year or go online. Check the time-period on the bill as some are bi-monthly. Record the **GALLONS**, not the CCF number. You can also call your water district for the information with your account number. Marin Municipal Water District: 415-945-1455, North Marin Water District: 415- 200-4666. If you don't pay your own water bill, you can estimate your water usage at this website: <http://www.home-water-works.org/calculator>

YOUR RESULTS! Use the RN Carbon Calculator to compute your CO₂ emissions using this completed worksheet. Visit www.ResilientNeighborhoods.org, and click on the 'Climate Action Toolkit' page to download the calculator. Fill in your calculator results below. If you have any difficulties contact RN for assistance.

| Vehicles | Air Travel | Energy* Gas, Elec., Total | Food | Waste | Total Annual CO2 Emissions |
|----------|------------|------------------------------|------|-------|----------------------------|
| | | G: | | | |
| | | E: | | | |
| | | T: | | | |

* List CO₂ emissions from gas (G), and electricity (E) separately, and then list the total (T) CO₂ emissions from home energy.