

Zerofootprint™ Youth Calculator



English (US)

travel

all 6 answered

what you eat

question 1 of 3

home

12 questions

what you use

3 questions

what you throw
away

5 questions

What kind of food do you eat?

- Just Vegetables (Vegan)
- Vegetables, eggs, and Dairy (Vegetarian)
- Everything!



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question 1 of 3
(1 answered)

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Goals for What kind of food do you eat?

What can we do?

Buy local or support a farmers market

You know on the highway when you see the huge trucks driving back and forth? Well, that's how most of the food we eat gets to us. Shipping things from far away with these trucks releases a lot of carbon dioxide, so it's better for the environment to eat foods grown nearby. At the grocery store, read the signs and see where your fruits and vegetables come from...if they're coming from halfway across the world, try and check out a farmers market instead!

Grow your own food

In the spring when your family is planting your garden, ask your parents if you can grow some fruits or vegetables too. Growing your own food will save the environmental cost of shipping it from far away. What's more, the food will be that much fresher!

Cooking Fuel

If your family burns wood or charcoal for cooking, can you investigate whether a solar cooker is possible?



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what you eat
question 2 of 3
(1 answered)

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How often do you eat at a fast food restaurants?

- Never
- Once a week
- Twice a week
- More than twice a week
- We don't have fast food restaurants



travel
all 6 answered

what you eat
question 2 of 3
(2 answered)

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Goals for How often do you eat at a fast food restaurants?

What can we do?

Switch to a more plant based diet

Eating more plants is not only healthier, but also better for the environment. Raising livestock like cattle, chickens, and pigs creates a lot of methane, another greenhouse gas.

Use a reusable mug

Get a reusable water bottle instead of using disposable cups to cut down on waste.



travel

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what you eat

question 3 of 3
(2 answered)

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How much pop/soda/coke do you drink?

- None
- Less than 1 bottle/can a week
- 2 bottles/cans a week
- 1 bottle/can a day
- 2 bottles/cans a day
- 3 bottles/cans a day
- More than 3 bottles/cans a day



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question 3 of 3
(3 answered)

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Goals for How much pop/soda/coke do you drink?

What can we do?

Buy organic coffee

Ask your parents what kind of coffee they're drinking. Is it organic? Organic agriculture uses way less energy than other farming methods, and reduces carbon dioxide emissions.

Buy organic tea

Ask your parents what kind of tea they're drinking. Is it organic? Organic agriculture uses way less energy than other farming methods, and reduces carbon dioxide emissions.

