



Where Is Your T-shirt From? How can we be footprint-friendly?

Many of the products we use require a lot of natural resources to be made and transported to our local stores. By making footprint-friendly choices, that is, choices that use less natural resources, we can contribute to taking care of the environment. Let's see if you know how to be footprint-friendly.

1. It is most footprint-friendly if your t-shirt was....

- a. Made in the country you live in
- b. Made in the same continent as you
- c. Made in another continent

2. How often should you recycle?

- a. Always
- b. Most of the time
- c. Almost never

3. What is a footprint-friendly favourite snack?

- a. Last night's leftovers
- b. Fresh local fruits and veggies
- c. Prepackaged granola bars

4. How many personal electronic devices (tablets, video game consoles, etc.) should one person have to be footprint-friendly?

- a. 0 or 1
- b. 2 or 3
- c. 4 or more

5. Which kind of laundry detergent is the most footprint-friendly?

- a. Concentrated liquid
- b. Powdered soap
- c. Capsules

6. It is most footprint-friendly to have shoes made of...

- a. Canvas
- b. Leather
- c. Plastic or rubber

7. When it comes to water, it is best to...

- a. Always use a reusable bottle
- b. Only buy bottled water when you're on the go
- c. Stick to bottled water

8. How often is it footprint-friendly to eat red meat (like beef)?

- a. Not at all or no more than twice a week
- b. About every other day
- c. Every day

9. At the grocery store, you should use...

- a. Canvas or vinyl bags
- b. Old/reused plastic grocery bags
- c. Brand new plastic grocery bags

10. How often should gear for extracurricular activities (like dance, sports, music lessons, etc.) be replaced?

- a. Only when it is worn out or no longer fits
- b. Every couple of seasons
- c. As soon as something new and cooler comes out

NOW ADD UP YOUR SCORE

1 point for every A, 2 points for every B, and 3 points for every C

Results

10 POINTS	YOU'RE A FOOTPRINT-FRIENDLY CHAMPION! Keep up the good work.
11-20 POINTS	YOU'RE ALMOST THERE! You have a lot of good instincts.
21 POINTS OR MORE	LET'S THINK ABOUT WHAT CHANGES WE CAN MAKE! It only takes a couple of small changes to make a big difference.

IDEAS FOR CHANGES

Look out for products that:

- Are made with natural or recycled materials
- Are made locally
- Don't have a lot of packaging
- Can be reused or recycled later
- Have other signs of a low carbon footprint

Most importantly, remember that the best thing we can do to reduce our carbon footprint is to buy less. That means we should ask ourselves if we really need a product (or if we just want it) before buying it.