		and the control of th
How's your env	ir	onmenta
awareness?	5	For recreation I
1 I try to be aware of the effects of my actions on the environment and try to minimize them		a) do not use bikes, or mo b) do use th
a) yes b) no	6	I forget leftover food in
2 When I stop my car, I turn off the motor		a) never b) often c) rarely

2	When I stop my car, I turn off the motor			
		a) right awayb) not at allc) if I have to wait more than 5 mins.		
3	When I than a	have an errand to do that's less kilometre in distance I travel		
	<u>-</u>	a) on foot or by bicycle		

4	I travel to work or school			
		a) on foot or by bicycle		
		b) alone in my car		
		c) on public transit		
	a result	d) with others in a car (theirs or		
		mine)		

10 I am careful to turn taps off and ensure that taps don't drip and toilet tanks don't leak
dontrieak
a) yes b) no
11 During winter I set my thermostat
a) less than 19°C during the dayand lower at night b) high all the time c) high during the day, a little
lower at night
12 I save newspapers and glass bottles and take them to a recycling depot
a) both newspapers and glass
b) neither
c) one or the other

b) no	b) neither
I use electric toothbrushes, can open-	c) one or the other
ers, and knives a) never	13 Luse the blank sides of printed sheets as scratch pads
b) often c) occasionally	a) yes b) no
I return beverage cans and bottles to	14 Trause paper bags and plastic containers

containers recycling depots a) yes a) always b) no b) never c) from time to time

15 I take my own bags to the grocery store to carry home my groceries

16 I grow at least some of the fresh vegetables I serve

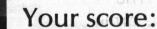
17 I have writen a letter to a minister, MP, MLA, or city politician about an environmental problem

18 I have written a letter to a newspaper supporting public transit, parks, or environmental protection

19 I have taken part in a demonstration in the interest of safeguarding the global or local environment

__ a) yes __ b) no

I am a member of one or more public interest environmental groups



Score yourself this way: every a = 3 points; b=0 points; c=2 points; d= 1 point.

0-24 There are lots of things you can start doing. You should learn more about environmental problems or else

You won't...make a difference. tol made has

25-45 You've taken the important first steps. Expand your conservation activities

You might...make a difference.

over 45 Keep up the valiant effort: Be a living example that

You can...make a difference.

Taken from Save It! a publication of Environment Canada.



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