

Friendly Households Take Stock – Food

1.1 I ___ eat canned, frozen, and individually packaged foods.

- 1. rarely/never1
 - 2. sometimes (1 meal/week) 4
 - 3. fairly frequently (2-4 meals/week) . . 8
 - 4. frequently (5-7 meals/week) 12
 - 5. Usually 16
- Impact item Score _____

1.2 As a percentage of my food dollar, I buy ___% organically grown or unsprayed food.

- 1. more than 40% 4
 - 2. 30%-40% 8
 - 3. 15%-30% 16
 - 4. 5%-15% 24
 - 5. 0- 5% 32
- Impact item Score _____

1.3 I eat ___ pound(s) of beef per week.

- 1. 0 0
 - 2. less than 1/4 4
 - 3. 1/4 -1/2 8
 - 4. 1/2-1 16
 - 5. 1-2 24
 - 6. 2-3 32
 - 7. 3-4 48
 - 8. more than 4 . . 64
- Impact item Score _____

1.4 I eat ___ pound(s) of non-beef meat per week (chicken, fish, pork, mutton, and so on).

- 1. 0 0
 - 2. less than 1/4 . . 2
 - 3. 1/4-1/2 4
 - 4. 1/2-1 8
 - 5. more than 1 . . 16
- Impact item Score _____

1.5 I buy ___ of my food from bulk bins or in large packages, or mostly as unprocessed food.

- 1. none/very little0
 - 2. some 2
 - 3. moderate amounts . . 4
 - 4. a good amount8
 - 5. most 16
- Action item Score _____

1.6 As a percentage of my food dollar, I spend ___% at a local farmers market or other source for local produce.

- 1. 0%-5% 0
- 2. 5%-15%. 2
- 3. 15%-30%. 4
- 4. 30%-40% 8
- 5. more than 40% . . . 16

Action item Score _____

1.7 I know where to purchase locally produced fruits, vegetables, dairy and meat products all year round

- 1. yes 4
- 2. no 0

Action item Score _____

1.8 I avoid buying ____ of the 10 foods which tend to have the highest rates of pesticide residue unless I can buy them from an organic producers.

- 1. none/very little 0
- 2. some 2
- 3. moderate amounts . . 4
- 4. most 8
- 5. all 16

Action item Score _____

Sub totals:

Impact ____ Action ____

Total your Impact and Action points separately. Impact points approximate your impact on the environment based on three criteria: (1) pollution, (2) use of nonrenewable resources, and (3) degradation of ecological systems. Impact and Action points are not meant to be accurate and precise, as accuracy and precision do not yet exist. They help you identify where you can improve your relationship with natural resources

Adapted with permission from EarthScore: Your personal Environmental Audit & Guide by Donald Lotter. To purchase: <http://home.ix.netcom.com/~jdhowell/id6.html>

We also recommend that you use the on-line Food Day Score card at

<http://www.foodday.org/quiz>

Both of these “taking stock” efforts should be repeated in 3 and 6 months after beginning the Friendly Households Challenge.