



Welcome to the City of Cape Town's **JOIN FORCES – SAVE RESOURCES!** campaign - a call to action, a call to work together to solve, sustain and save.

Over the coming months Citynews will publish a series of articles containing tips and guides to make our homes, offices and environment more sustainable. We'll talk about ways to help solve our electricity, fuel, water and waste problems, sustain our valuable resources, including our incredibly rich and unique biodiversity, and in so doing save our planet and our future – as well as our hard-earned money!

We are confronted with several serious warnings about the growing fragility of Earth's life support systems, and we need to take these seriously. According to the WWF Living Planet Report, 2004, humanity is consuming over 20% more natural resources than the Earth can produce. Tackling global problems is not possible without local action, and by each of us playing a vital role.

Cape Town is recognised as a leading city actively involved in ways of finding solutions for sustainable living and conserving our valuable resources. Together we can solve, sustain and save. Our small everyday actions at home, work and play will reward the environment and us, making it a better place for everyone to enjoy life – but we need to act now!

## WHAT'S YOUR FOOTPRINT RATING?

Living our lives leaves a footprint on the earth, but it's the size of that footprint that counts. By reducing the size of our footprints we'll be taking giant leaps for the planet! Over the next few months we'll be giving you tips and guides to do this. Please check your Footprint Rating by ticking the boxes in each of the five columns that apply to you, and best reflect where you now are:



## Elephant



## Buffalo



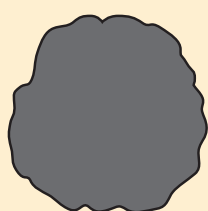
**Zebra**



Springbok

Your Rating	Household Energy	Waste	Biodiversity	Water	Sustainable Living
5	I have installed solar water heating. <input type="checkbox"/>	I have reduced my household waste to half a black bag a week. <input type="checkbox"/>	I have planted indigenous trees and shrubs in community areas to boost the environment. <input type="checkbox"/>	I collect rainwater for activities such as washing clothes, watering the garden and washing the car. <input type="checkbox"/>	I use public transport and/or participate in lift clubs and/or walk or cycle to where I'm going. <input type="checkbox"/>
4	My geyser is well insulated with a geyser blanket and/or I switch my geyser off when it is not in use. <input type="checkbox"/>	I have a compost bin so I can reuse my garden and kitchen waste in my gardens. <input type="checkbox"/>	Nearly all the plants in my garden are indigenous. <input type="checkbox"/>	I have converted to water efficient showerheads and hose nozzles. <input type="checkbox"/>	My home is basically chemical free now. I use lemon, bicarb soda and white vinegar for the cleaning – it's healthier, cheap and it really works! <input type="checkbox"/>
3	My house is well insulated with a ceiling. Any broken windows are repaired and I'm able to reduce cold drafts. <input type="checkbox"/>	I take my recyclable waste to the recycling depots. <input type="checkbox"/>	I have planted some water-wise indigenous plants and encourage wild birds to feed in my garden. <input type="checkbox"/>	I use water as sparingly as possible and never leave taps running. <input type="checkbox"/>	I am designing a garden that is good for biodiversity, food growing, waste reduction and water conservation! <input type="checkbox"/>
2	I use energy-saving light bulbs and/or turn off all appliances at the wall and switch off lights when I am not using them. <input type="checkbox"/>	I take my own shopping bags with me to the supermarket. <input type="checkbox"/>	My garden is mostly lawn and a couple of plants. <input type="checkbox"/>	I have checked and fixed any water leaks in my toilet and around all my taps. <input type="checkbox"/>	I wash the car on the grass so as not to pollute the storm water system and/or never throw used oil, paint, turpentine or other harmful chemicals down the storm water drain. <input type="checkbox"/>
1	I know there are ways to reduce electricity and save money, but I am not sure where to start. <input type="checkbox"/>	I mean to recycle but don't know where my nearest recycling depot is. <input type="checkbox"/>	I'd like to start a small garden or get some pot plants. <input type="checkbox"/>	Water restrictions got me thinking it seems a waste to use drinking water to wash cars and water gardens, and to not reuse water from the bath or washing machine. <input type="checkbox"/>	I feel like I should be doing more to protect the local environment and my family's health, but I am not sure where to start. <input type="checkbox"/>
0	Doing nothing. <input type="checkbox"/>	Doing nothing. <input type="checkbox"/>	Doing nothing. <input type="checkbox"/>	Doing nothing. <input type="checkbox"/>	Doing nothing. <input type="checkbox"/>

## Are you an elephant, buffalo, zebra or springbok?



Elephant

0 - 7

You are stomping on the earth with a huge elephant-size footprint! Small changes around the house will soon shrink it down.



Buffalo

8 – 29

You have a buffalo-size footprint.  
Keep plodding along the sustainable  
pathway and you will soon  
downsize!



## Zebra

## 30 – 49

Your footprint is neat like that of the zebra. You move ahead swiftly but you could reduce your footprint even further.



Springbok

## 50 – 75

You move about like the spectacular  
springbok, living lightly on the  
earth. You enjoy making a positive  
contribution to your community.  
Well done!

Add up your scores and enter your total here:

Footprint Rating:

Date:

We'll ask you to check your Footprint Rating at the end of this series to see if it is any smaller and we'd be interested to hear the progress you've made as well as any tips or ideas you might have for us.

Source: Questionnaire content drawn in part from Sustainability Begins at Home, Wollongong City Council, Australia.



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU