

# How Big is Your Foodprint?



Take the test on your diet!

Go to the ecological footprint calculator at:  
[www.myfootprint.org](http://www.myfootprint.org)

Score your diet at Eating Green:  
[www.cspinet.org/EatingGreen/](http://www.cspinet.org/EatingGreen/)



Ecological footprint of the average Australian diet. It takes 27 hectares per person to maintain this diet.\*

Ecological footprint of an Australian vegetarian diet. It takes only 4 hectares per person to maintain this diet.\*



[www.tasveg.org](http://www.tasveg.org)

\*Based on the ecological footprint calculator using Australian data on the website of Redefining Progress - Myfootprint  
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# Some Useful Websites

## Vegetarian Information

Vegetarian Tasmania - [www.tasveg.org](http://www.tasveg.org)  
Vegetarian Victoria - [www.vegetarianvictoria.org.au](http://www.vegetarianvictoria.org.au)  
The Vegetarian / Vegan Society of Queensland -  
[www.vegsoc.org.au](http://www.vegsoc.org.au)  
Australian Vegetarian Society  
- [www.veg-soc.org](http://www.veg-soc.org)  
Vegan Voice - [//veganic.net](http://veganic.net)

## Environment and Diet

Earth Save - [www.earthsave.org](http://www.earthsave.org)  
Carbon Neutral - [www.carbonneutral.com.au](http://www.carbonneutral.com.au)  
Ecological Footprint Calculator - Myfootprint  
[www.myfootprint.org](http://www.myfootprint.org)  
Eating Green - [www.cspinet.org/EatingGreen/](http://www.cspinet.org/EatingGreen/)

## Health Specific

Physicians Committee for Responsible Medicine -  
[www.pcrm.org](http://www.pcrm.org)



Regular social activities and support for those interested in vegetarian and vegan lifestyles.  
Phone: 0409 247 164  
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The Vegetarian / Vegan Society of Queensland -  
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