A Human Footprint

A visual essay to help with thinking and talking about the resources a person needs and the resources a person uses.

As the consideration of resources moves from air to shelter, the amounts and kinds of resources used are shaped less by physical need and more by the personal choices we make and the cultural, economic, governmental and structural systems in which we live.

In your life, which uses are shaped by physical needs, which by personal choice, which by systems and which by the interaction of needs, choices and systems?

Which uses can be changed by choice, and which only by changing systems?

How are the things we need, like air or water, affected by the things we use?

Which resources is each person entitled to? How do your choices and systems affect other's access to those resources?

- air in an hour
  330 liters / 86 gallons
- water in a day
  30 liters / 8 gallons
- food in a week
  14,000 Calories / 14 kg / 31 lbs
- energy in a month
  26 million BTUs / 7620 kWh
- fiber in a year
  45 kg / 100 lbs

wood and concrete in a lifetime
5 20 ft yellow pine and 2 truck loads of concrete for 1000 sq ft of shelter

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