



My name: Elisa La Colla

Where I am from: Peschiera Borromeo, Milan, Italy Age: 15

A normal day

	Activity/Good/Product	Points
Mobility	car, 3.3 km, 4 people, toyota	1
Electricity	-laptop, 3 h, european powermix -web search, optimistic, 100 times - 2000kWh annual electricity consumption for 5 people	1 0,2 7
Heating	-annual gas consumption of 55 m3 and 5 people	1
Consumer choices	-jeans, 7 pieces, 20 months, levis -T-shirt, 20 pieces, 15 months -jacket, 2 pieces, 12 months -hoodie, 8 pieces, 15 months -dish washer, HM supreme power gel -shower, 2 times, 18 l, 37°C -kitchen roll, 100% cellulose, 1 piece -toilette paper, three coat sorf and safe, 5 days	6 4 0.9 0.7 11 6 5 0.6

My picture:









Leisure	-book -playing cards -chatting	0 0 0
Food	-bread, 60g -fish, salmon, 300 g -pasta, 80g -potatoes, 50 g, -tomatoes, 50 g, off-season, national 300km, conventional agriculture -cheese, 10 g -eggs, 2 pieces -rice, 100 g -chocolate, dark chocolate, 20 g -cookie, 20 g -olive oil, 50 g (messina UNION 2500 km, road transport) -tap water, 500 ml	0.5 10 0.5 0.1 0.7 3 7 4 0.6 0.4 1
Public consumption		
Sum		72.2

	Activity/Good/Product	Points
Mobility	-ride a bicycle, 3.3 km	0
Electricity	-laptop 2h, european -wep search, optimistic, 65 times -2000kWh annual electricity consumption for 5 people	0.8 0.1 7







Heating	-annual gas consumption of 55 m3 and 5 people	1
Consumer choices	-jeans, 7 pieces, 24 months, levis -T-shirt, 20 pieces, 24 months -jacket, 2 pieces, 24 months -hoodie, 8 pieces, 20 months -dish washer, HM supreme quick power tabs -shower, 2 times, 18 l, 37°C -kitchen roll, 100% recycled, 1 piece -toilette paper, 100% recycled	5 2 0.4 0.5 7 6 3 0.2
Leisure	-reading a book -playing cards -chatting	0 0 0
Food	-bread, 60g -pasta, 80g -potatoes, 50 g -tomatoes, 50 g, seasonal, national 300 km, organic agriculture -cheese, 10 g -eggs, 2 pieces -rice, 100 g -chocolate, dark chocolate, 20 g -cookie, 20 g -olive oil, 50 g (messina UNION 300 km, road transport) -tap water, 500 ml	0.5 0.5 0.1 0.2 3 7 4 0.6 0.4 0.8 0
Public consumption		





Let's get active – together for the world of tomorrow



Sum 50.1

