Simple Ways to Reduce

Your Carbon Footprint

Your "carbon footprint" is a measure of the impact your activities have on the amount of carbon dioxide (CO2) produced through the burning of fossil fuels and is expressed as a weight of CO2 emissions produced in tonnes.

Here are a few suggestions that every individual can take to reduce carbon emissions related to transport, food, use of energy in the home, water use, and waste management.





Don't speed - speeding

uses more petrol and

emits more CO2.

Support programs that strengthen public transport systems.





Reduce intake of animal products in developed countries.



Try not to waste food.



Eat local and seasonal produce.



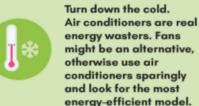
Recycle organic waste.



😘 Energy Use 🎉



Turn down the heat.
Reducing the temperature
by just 1 °C can cut 5-10%
off your family's energy
bill and avoid up to 300
kg of CO2 emissions per
household per year.







energy-saving light bulbs.

Use



Defrost old fridges and freezers regularly.



Unplug your mobile telephone charger when you are not using it.

Water Use Eugh.



Boil less water.



Turn off the tap.



Cover your pots while cooking.



Use the washing machine and dishwasher only when they are full.



Avoid drinking bottled water.

Take a shower

instead of a bath.



Use a tumble dryer only when absolutely necessary. Drying clothes naturally is by far the best way to do it: your clothes will last longer and the energy provided is free and nonpolluting!



Waste Management: Reduce, Reuse, Recycle





Recycle as much as possible.



Choose products that come with little packaging.



Lobby for appropriate recycling options in your community.



Buy intelligently.



Reuse your shopping bag.



Stop household burning of rubbish.