

# 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 (CO<sub>2</sub>) produced through the burning of fossil fuels and is expressed as a weight of CO<sub>2</sub> 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.

1.

### Transport



Try one of the following ways to get to work or school: cycling, walking, car-pooling, public transport.



Travel by train when you can.



Try to avoid short car journeys because fuel consumption and CO<sub>2</sub> emissions are disproportionately higher when the engine is cold.



Explore alternatives to flying.



Don't speed – speeding uses more petrol and emits more CO<sub>2</sub>.



Support programs that strengthen public transport systems.

2

## Food



Reduce intake of animal products in developed countries.



Try not to waste food.



Eat local and seasonal produce.



Recycle organic waste.



3

## 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.



Use energy-saving light bulbs.



Turn down the cold. Air conditioners are real energy wasters. Fans might be an alternative, otherwise use air conditioners sparingly and look for the most energy-efficient model.



Defrost old fridges and freezers regularly.



Programme your thermostat so that at night, or while you are out of the house, you minimize your heating or cooling use.



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

4.

## Water Use



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.



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!



Take a shower instead of a bath.



5.

## 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.