

A GUIDE to reduce your CARBON FOOTPRINT



1

CALCULATE YOUR CARBON FOOTPRINT

Estimate your current carbon footprint using online calculators



2

ENERGY EFFICIENCY AT HOME

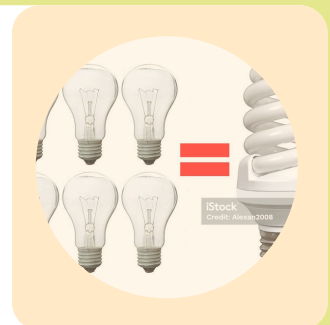
- Insulate your home.
- Set thermostats at lower temperatures in winter and higher in summer.
- Use energy-efficient appliances and lighting.



3

ENERGY-EFFICIENT APPLIANCES

- Use LED or CFL bulbs instead of incandescent bulbs.
- Unplug chargers and appliances when not in use.



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REDUCE, REUSE, RECYCLE

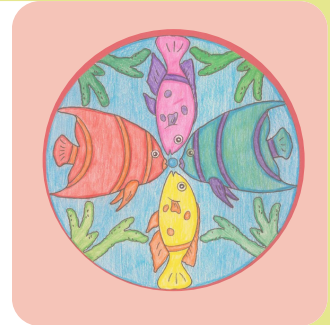
- Minimize waste.
- Buy products with less packaging and choose reusable items.
- Recycle paper, glass, plastic and electronics.



5

CONSERVE WATER

- Fix leaks and install water-efficient fixtures.
- Use a low-flow showerhead and turn off taps while brushing teeth or doing dishes.
- Collect rainwater for outdoor use.



6

SUSTAINABLE DIET

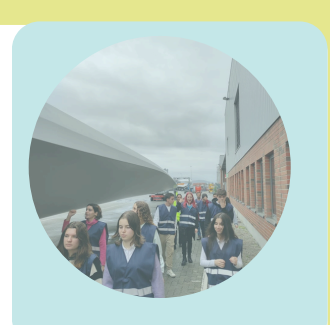
- Reduce meat consumption, particularly beef and lamb.
- Choose locally sourced and seasonal foods.
- Minimize food waste. Compost organic waste.



7

SUPPORT RENEWABLE ENERGY

- Choose a green energy provider.
- Invest in community solar or renewable energy projects.



8

TRANSPORTATION

- Use bicycle, public transportation systems, carpool or explore options for telecommuting.
- Drive using eco-driving techniques.
- Choose direct flights when flying.



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EDUCATE YOURSELF AND ADVOCATE

- Stay informed about climate change impacts.
- Share knowledge to raise awareness.

