

20 things we can do now

We measure our carbon emissions in kilogrammes (kg) of carbon-dioxide (CO₂) equivalent (e) per year (/y). The reason we sometimes use 'equivalent' is so that the other greenhouse gases like methane are included as well.

The figures show the kilogrammes of carbon that could be saved every year for each activity by an average person.

01 Replace petrol cars with electric 1,000kg 	02 Walk, wheel & cycle 950kg 	03 Reduce foreign travel 450kg 	04 Trains over planes 300kg 	05 Car share 275kg 
06 Eat less red meat 250kg 	07 Maintain older property 250kg 	08 Use public transport 225kg 	09 Reduce your thermostat by 1°C 220kg 	10 Speed up your showers 200kg 
11 Eat less dairy produce 120kg 	12 Fewer, cooler clothes washes 100kg 	13 Buy fewer clothes 90kg 	14 Reduce food waste 60kg 	15 Low energy lighting 60kg 
16 Turn off electronic appliances 50kg 	17 Exchange your clothes 45kg 	18 Eat locally and seasonally 30kg 	19 Replace old appliances with triple A rated 25kg 	20 Rent clothes instead of buying new 10kg 

You can calculate your own carbon footprint by visiting the Carbon Footprint website – just scan the QR code.

