



What is a carbon footprint?

1. A measure of carbon dioxide emissions from the burning of fossil fuels. Including energy consumption and transportation.
2. An indirect measure of carbon dioxide emissions from the whole lifecycle of products we use, associated with the manufacturer and break down of the product.

What is your carbon footprint score?

Take a look inside this brochure to learn about ways to lower your carbon footprint.

A few words on embodied energy...

What is embodied energy?

Embodied energy is the energy used for the entire life cycle of a product, including extraction, manufacturing, transporting and disposal.

A frequently used example is the wood furniture in your home. Embodied energy takes into account the energy used to grow, harvest and process the trees, transport the lumber, then dispose of it after its useful life.

How does this affect my carbon footprint?

To reduce environmental impacts and energy use, we need to take into consideration the embodied energy used in our activities.

Although embodied energy is often associated with energy efficient homes and materials used in buildings, the concept can also be applied to materials and appliances used in your daily life. Consider where your products come from and how much energy is used to produce them, then replace energy intensive products with less energy intensive products.



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*Tips on how to lower
your carbon footprint*

City of Brisbane



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What can I do to lower my carbon footprint?

Your carbon footprint takes into account 4 different factors: Home Energy, Driving and Flying, Food and Diet, and Recycling and Waste.

Home Energy

Heating and cooling homes efficiently can be done by...

- Using a programmable thermostat.
- Setting temperatures low for heating and high for cooling.
- Reduce drafts from windows and doors.
- Properly insulate your attic and walls.
- Use ceiling fans and floor fans for cooling.
- Shade windows using drapes or overhangs.

Reduce energy used for hot water by...

- Install low flow shower heads.
- Turn the hot water temperature down to 120° F.
- Properly insulate your hot water tank.

Other ways to save energy in your home:

- Replace your incandescent bulbs to CFLs.
- Use Energy Star and energy saving electronics and appliances, or unplug them when not in use.



Driving and Flying

Your carbon footprint depends on how fuel efficient your car is, you emit more carbon if you drive a Hummer and less if you drive a Prius.

Secondly, depending on how often and how far you drive your car is a factor in your carbon footprint. Driving less means less emissions. The more miles you drive, frequent checking of air filters and tires will help you save gas.

Lastly, long flights create large amounts of CO₂ and does harm in high altitudes. Shorter flights do not reach as high altitudes as long flights do, however uses great amounts of fuel for take- off and landing. Thus, a few short flights can easily generate equivalent amounts of CO₂ that a long flight emits.

The best alternatives are to walk, bike, use public transportation or carpool.



Food and Diet

A large amount of resources and land is required to raise livestock for consumption, thus the more meat you eat the larger your carbon footprint will be.

Conventional produce that uses pesticides creates more pollution in the environment. Buying and eating out organic and local will keep your carbon footprint lower.

Recycling and Waste

Recycling all applicable wastes in your area will create a smaller carbon footprint. Recycled materials can be reused to make new products. Thus, will be less waste added to the landfill.

Composting will also divert wastes from the landfill and can be later used as fertilizer for your yard.

Lastly, your can offset your carbon footprint buy making a tax deductible donation to carbon reducing projects. A simple internet search can reveal this information.