

## **CO2 reduction**

### Food

A medium diet results in 5.62 kg of CO2 per day.

A vegan diet results in 3.8 kg of CO2 per day.

The difference between a vegan meal and a medium meat meal is 0.6 kg of CO2 per day.

Local produce results in 7% reduction. A medium meat diet from local produce will save 0.4 kg of CO2 per day.

### Transport

A car releases 271 g of CO2 per km per person.

A bus releases 101 g of CO2 per km per person.

A bike releases 16 g of CO2 per km per person.

A train releases 35 g of CO2 per km per person.

### Temperature

Reducing heater temperature:

- A reduction of 1 C will result in 168 kg of CO2 saved over 6 months, the savings will be 0.9 kg of CO2 per day.
- A reduction of 2 C will result in 400 kg of CO2 saved over 6 months, the savings will be 2.2 kg of CO2 per day.
- A reduction of 3 C will result in 590 kg of CO2 saved over 6 months, the savings will be 3.3 kg of CO2 per day.
- A reduction of 4 C will result in 802 kg of CO2 saved over 6 months, the savings will be 4.5 kg of CO2 per day.

Increasing AC temperature:

- Changing the AC temperature to 24 C will result in reduction of 1.5 kg of CO2 per day.
- Changing the AC temperature to 27 C will result in reduction of 2.4 kg of CO2 per day.

## Energy

LED bulbs will result in 32 kg of CO<sub>2</sub> saved over its lifetime in contrast with incandescent bulbs.

One solar panel results in 1200 kg of CO<sub>2</sub> saved per year.

## Other

A tree will absorb 21.8 kg of CO<sub>2</sub> per year.

3000 kg of CO<sub>2</sub> saved per year by installing insulation for an average house.

## Summary

Activity	Points
Eating vegetarian meal	6
Buying local produce	4
Using bike for less than 5 km	13
Using bike for 5-15km	26
Using bike for more than 15 km	39
Using bus for less than 5 km	9
Using bus for 5-15 km	17
Using bus for more than 15 km	26
Using train for less than 25 km	45
Using train for 25-50 km	75
Using train for more than 50 km	90
Decreasing heater by 1 C	9
Decreasing heater by 2 C	22
Decreasing heater by 3 C	33

Decreasing heater by 4 C	45
Changing AC temperature to 24 C	15
Changing AC temperature to 27 C	24
Switching to LED bulb	90
Installing two solar panels	250
Installing 4 solar panels	500
Installing 6 solar panels	750
Planting a tree	75
Installing insulation	500