

Carbon Footprint Guide

Introduction

Your carbon footprint is the total amount of greenhouse gases produced by your daily activities, measured in carbon dioxide equivalents (CO₂e). It includes emissions from energy use, transportation, diet, shopping habits, and more.

Main Sources of a Personal Carbon Footprint

- Home energy use (electricity, heating, air conditioning)
- Transportation (cars, flights, public transport)
- Food (meat, dairy, local vs. imported goods)
- Goods and services (clothing, electronics, digital streaming)

Ways to Reduce Your Footprint

- Switch to energy-efficient lighting and appliances
- Use renewable electricity (solar panels, green suppliers)
- Eat less meat and avoid food waste
- Drive less, carpool, bike, or use public transport
- Choose sustainable brands and repair before replacing

How to Calculate It

There are many online calculators that estimate your carbon footprint. You'll need information about your utility bills, travel habits, diet, and purchases. Calculators show which areas have the largest impact and offer tips to reduce them.

Classroom Discussion Questions

- What surprised you about your carbon footprint after calculating it?
- Which lifestyle habits are hardest to change? Why?
- What could your school or community do to help people lower their footprints?