Recommendations

<u>Diet</u>

Did you know that animals (mainly livestock and cattle) produce greenhouse gases through a process called "enteric fermentation" - when microorganisms in their digestive systems break down food and produce methane as a byproduct? Soil management, crop transportation, livestock management, and all other factors in global food production result in the emission of greenhouse gases equivalent to more than 17 billion tons per year.

Here are some ways for you as an individual to reduce your carbon footprint related to food consumption.

- Avoid plastic packaging: Single-use plastic is harmful to the environment not only due to pollution but also because of the energy and fossil fuels required to produce it.
- Reduce meat consumption: Switching to a vegetarian or vegan diet is one of the most effective ways to reduce your carbon footprint regarding food. A 2018 study found that avoiding meat and dairy products is the single biggest way to reduce your environmental impact on the planet.
- Rethink your cooking methods: Data shows that food production accounts for 13.8% of the electricity we use in our homes, so finding more efficient ways to cook means less electricity and, consequently, less CO2 emissions.
- Choose organic: Organic products contain more vitamins, minerals, and antioxidants, which are linked to various health benefits. However, their carbon footprint is also generally higher than non-organic products.

<u>Transportation</u>

Did you know that driving a diesel or gasoline car only 10 km per day emits about 662 kg of CO2 per year, which is roughly equivalent to a round-trip flight from Iceland to New York? On average, people in Iceland drove about 35 km per day in 2019.

Here are some ways to reduce your carbon footprint in transportation:

- Walk or cycle shorter distances instead of using a car when unnecessary. Every kilometer you bike can make a significant difference in the long term.
- Use public transportation more often. The bus system (Strætó) covers most areas and is an excellent and affordable way to get around the city. It emits considerably less carbon dioxide per passenger, and a yearly bus pass costs much less than the annual cost of gasoline.
- Consider an electric or hybrid vehicle instead of a diesel or gasoline car. Although electric cars have environmental impacts and emit carbon dioxide, their emissions are much lower than those of gasoline cars. The cost of operating an electric vehicle is also significantly lower. The latest generation of electric cars offers higher quality than gasoline and diesel cars.
- Avoid idling your car while waiting. Many people may not realize it, but idling your car for long periods significantly contributes to pollution, especially in the long run.

- Be organized and plan your trips efficiently. There's no need to go back and forth when you can carpool, saving both pollution and fuel costs.
Individual actions matter greatly and have significant long-term effects. Thus, it's crucial to be conscious of how you travel. If everyone cooperates, it's relatively easy to reduce the country's carbon footprint.

Services

Did you know that the "ecological footprint" (material footprint) increased by about 70% from the turn of the century to 2017?

One million plastic bottles are bought every minute, and five trillion single-use plastic bags are discarded as waste each year.
Plastic bags are estimated to take a thousand years to decompose in the environment.
It's up to us as consumers to buy less and reduce consumption, thus lowering our carbon footprint.
Recycling instead of disposing of waste in landfills can ultimately reduce waste that ends up in nature.
One of the world's largest contributors to waste is the fashion industry, responsible for approximately 10% of global carbon emissions. It also accounts for one-fifth of the 300 million tons of plastic produced globally each year.

Here are some steps to reduce waste:

- Reduce waste: One of the main goals is to reduce waste generation. You can contribute by reducing, Reusing, and Recycling. Consume less, buy products with minimal packaging, and recycle materials whenever possible.
- Support sustainable brands: Choose products and brands that prioritize sustainability and environmentally friendly practices. Look for certifications like the EU Ecolabel, which indicates environmentally friendly products.
- Save energy: Use energy-efficient appliances, turn off lights and electronic devices when not in use, and consider renewable energy sources like solar or wind power for your home.
- Sustainable transportation: Opt for public transportation, carpooling, cycling, or walking to reduce your carbon footprint. The EU also encourages the use of electric vehicles (EVs) to reduce emissions.
- Reduce food waste: Be conscious of your food consumption and storage. Only buy what you need, store food properly to minimize waste, and consider composting organic waste.
- Advocate for policy change: Contact your local and national representatives to support policies and regulations that promote sustainable consumption and production. The EU has implemented various policies to reduce waste and promote a circular economy.
- Educate yourself: Stay informed about sustainability and solutions. Learn about the EU's initiatives related to responsible consumption and production, such as the Circular Economy Action Plan.
- Support a circular economy: The EU is actively working to transition to a circular economic model that aims to minimize waste through recycling, repurposing, and

reusing products. Support companies that align with this model and promote circular economy practices in your community.

- Reduce single-use plastics: Minimize your use of single-use plastics by using reusable bags, bottles, and containers. Advocate for bans on single-use plastics and encourage businesses to offer sustainable alternatives.
- Participate in sustainable initiatives: Join local and national sustainability organizations and get involved in community projects related to responsible consumption and production. This could involve volunteering in clean-up efforts, participating in environmental projects, or supporting local farmers' markets.
- Be a conscious consumer: Make informed choices as a consumer. Consider the environmental and social impact of the products you purchase and support companies that prioritize sustainability and ethics.
- Reduce clothing waste: Buy durable clothing designed to last and consider repair options rather than discarding items. Repair and alter clothing when possible instead of discarding it.
- Investments: If you have investments or savings, consider ethical or sustainable investment options that align with responsible consumption and production goals.

Electricity

Electricity pollution is a significant part of CO_2 in our environment, but it's relatively easy to improve it. This pollution results from the combustion of fossil fuels in power plants. If you are concerned about electricity pollution, here are some tips to improve your situation:

- Use less hot water.
- Turn off all lights and devices when they are not in use.
- Use public transportation or other forms of public transportation more often.
- Use less paper.