KNOWING YOUR CARBON FOOTPRINT

Habits that can make a difference!

Every day

SUSTAINABLE HABITS

WATER consumption

The world is facing an imminent water crisis. Being mindful about every drop is imperative.

TRAVELLING

Transportation affects the environment in numerous ways, being responsible for a fifth of total global carbon emissions.

ENERGY consumption

Since a large percentage of energy is still fossil fuel based, it is important to limit consumption or switch to renewable sources.

WASTE management

Sustainable waste management helps reduce the impact of human activities by managing the after effects.

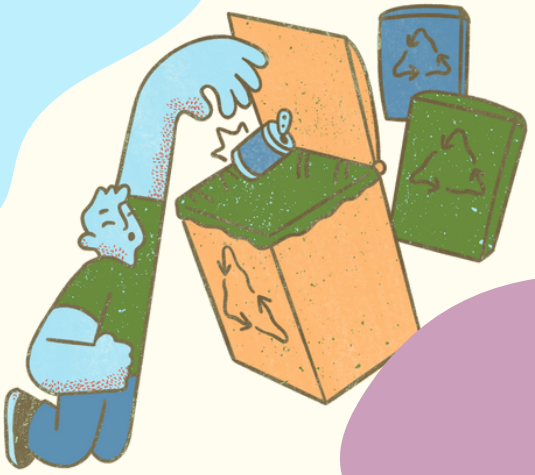
FOOD & DIET

Not all food products are equally environmental friendly. Preferring the sustainable ones in our diets helps bring our footprint down.

GOODS and SERVICES

Choosing products with a more environmentally sustainable production process is a great way to drive positive change.

UPSTAIRS
Transition to Primary School



https://transition2primary.eu/

Co-funded by the European Union

WHAT TO DO:

Eat less meat and dairy

Choose cooking at home over eating out/take-out

Choose local, sustainable groceries

Choose small, second-hand stores over big chains

Prefer local services/teleservices

Reduce
(Buy less, Don't replace needlessly)

Reuse and Donate
(bags, utensils, cups, clothes)

Recycle, and choose recyclable products

Segregate waste
(dry, wet, sanitary, ewaste)

Compost

Conserve water in personal hygiene
(hands, teeth, shower)

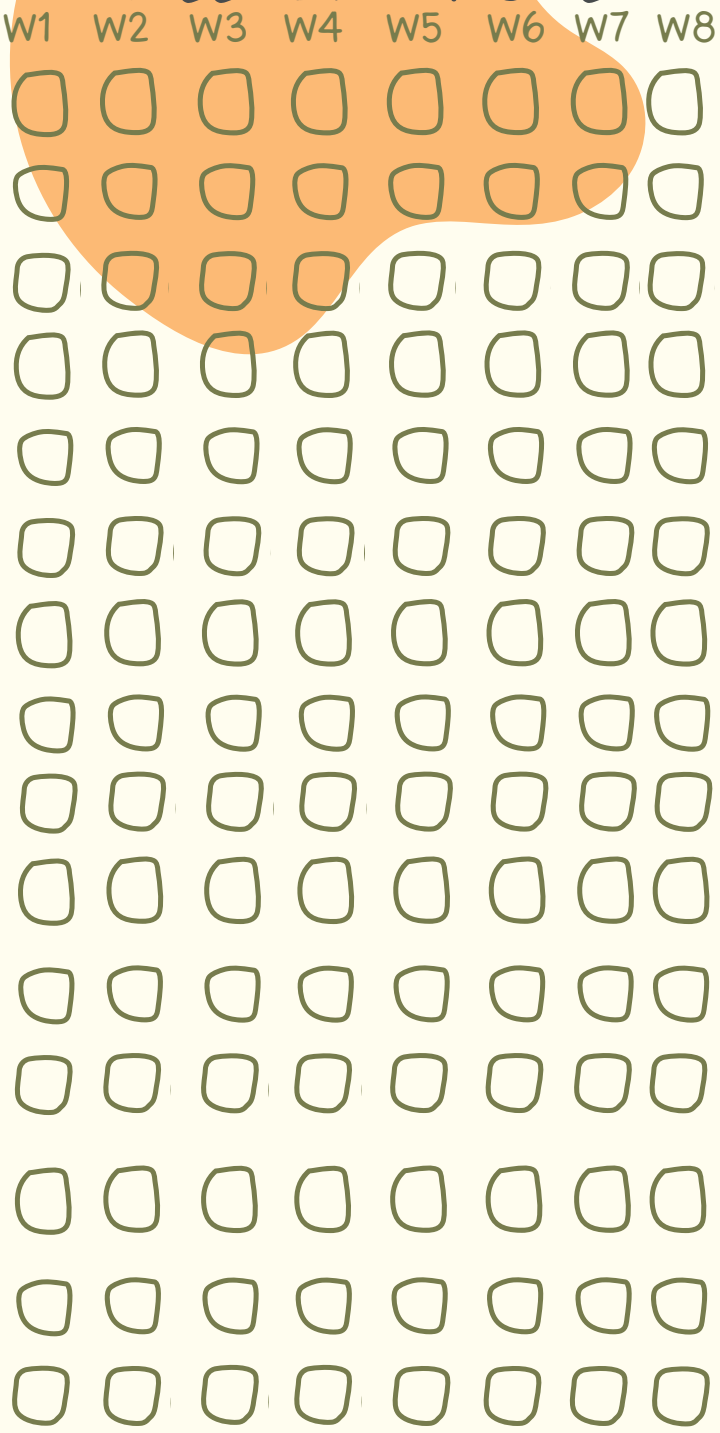
Conserve water in home upkeep
(cleaning floors, cars, doing dishes)

Choose walking or biking, public transport or carpooling over driving

Turn off lights, use LED lamps and power strips

Turn off appliances and devices, don't charge overnight

WEEKLY TRACKER:



WHY IT MATTERS:

out of all food products, animal products have the highest footprint!

eating out can increase 3.5x the carbon footprint vs cooking at home!

a shorter, environmentally sustainable supply chain is the way to go!

reducing travelling distance is good for the environment!

REDUCE, REUSE, RECYCLE: THE PILLARS OF SUSTAINABLE WASTE HANDLING!

water is a non-renewable, vital resource!
demand is expected to overcome supply by 40% by 2030!

Walking/biking just 1 day a week can bring your footprint down by 25%!

LOWERING YOUR ENERGY DEMAND REDUCES FOSSIL FUEL USE AND THEREFORE YOUR CARBON FOOTPRINT!