

Ways to reduce carbon footprint

The most common way to reduce the carbon footprint of humans is to **Reduce, Reuse, Recycle, Refuse**. In manufacturing this can be done by recycling the packing materials, by selling the obsolete inventory of one industry to the industry who is looking to buy unused items at lesser price to become competitive. Nothing should be disposed off into the soil, all the ferrous materials which are prone to degrade or oxidize with time should be sold as early as possible at reduced price.

This can also be done by using reusable items such as thermoses for daily coffee or plastic containers for water and other cold beverages rather than disposable ones. If that option isn't available, it is best to properly recycle the disposable items after use. When one household recycles at least half of their household waste, they can save 1.2 tons of carbon dioxide annually.

Another easy option is to drive less. By walking or biking to the destination rather than driving, not only is a person going to save money on gas, but they will be burning less fuel and releasing fewer emissions into the atmosphere. However, if walking is not an option, one can look into **carpooling** or **mass transportation** options in their area.



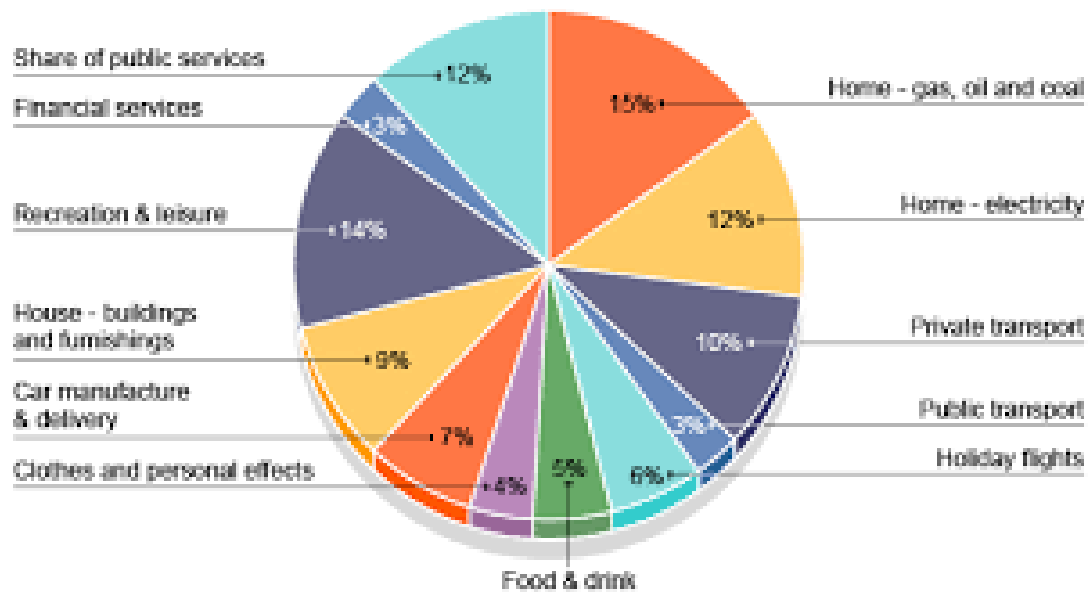
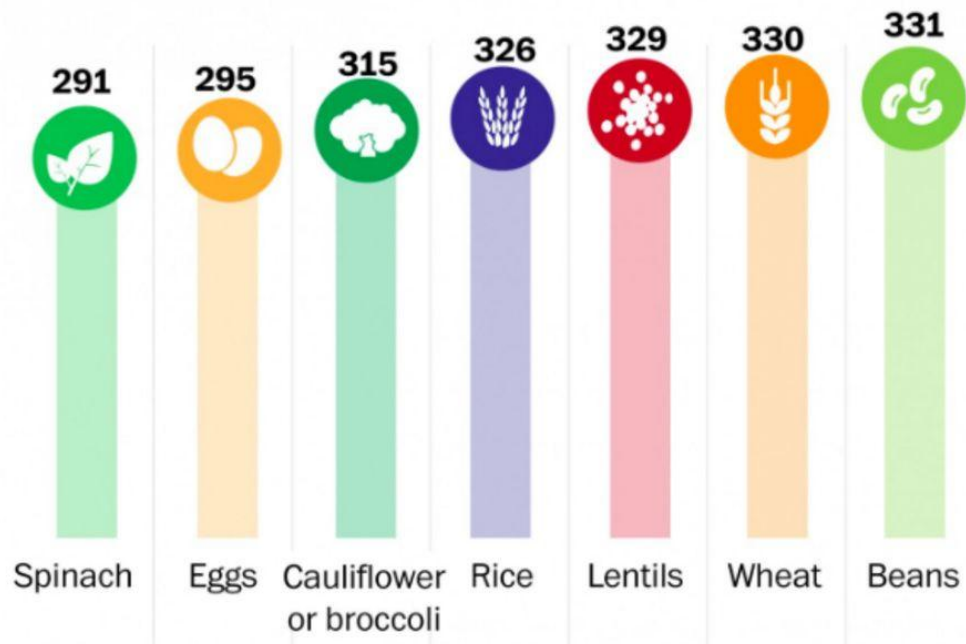
Yet another option for reducing the **carbon** footprint of humans is to use less air conditioning and heating in the home. By adding insulation to the walls and attic of one's home, and installing **weather stripping** or **caulking** around doors and windows one can lower their heating costs more than 25 percent. Similarly, one can very inexpensively upgrade the "insulation" (clothing) worn by residents of the home. For example, it's estimated that wearing a base layer of long underwear (top and bottom) made from a lightweight, super insulating fabric like microfleece can conserve as much body heat as a full set of clothing, allowing a person to remain warm with the thermostat lowered by over 5 °C.

These measures all help because they reduce the amount of energy needed to heat and cool the house. One can also turn down the heat while sleeping at night or away during the day, and keep temperatures moderate at all times. Setting the thermostat just 2 degrees lower in winter and higher in summer could save about 1 ton of **carbon dioxide** each year.



Annual emissions savings if a five-ounce steak is replaced with vegetables once a week

In kilograms of carbon dioxide (or its equivalent in other greenhouse gases)



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