

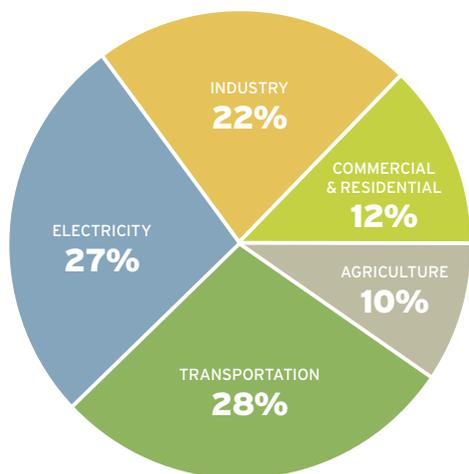
# 25 Ways to Reduce Your Carbon Footprint

AND LIVE MORE SUSTAINABLY

Many of our daily activities—such as using electricity, driving a car, or disposing of waste—cause greenhouse gas emissions. Together these emissions make up a household's carbon footprint.

## Sources of Greenhouse Gas Emissions in the U.S.

Greenhouse gases trap heat and make the planet warmer. The largest source of greenhouse gas emissions from human activities in the United States is from burning fossil fuels for electricity, heat, and transportation. In 2018 the primary sources of greenhouse gas emissions in the United States were estimated to be:



TOTAL U.S. GREENHOUSE GAS EMISSIONS BY ECONOMIC SECTOR IN 2018

**Transportation** emissions primarily come from burning fossil fuel for our cars, trucks, ships, trains, and planes.

**Electricity** production emissions come primarily from burning fossil fuels, mostly coal and natural gas.

**Industry** emissions primarily come from burning fossil fuels for energy, as well as from chemical reactions necessary to produce goods from raw materials.

**Commercial & Residential** emissions primarily come from fossil fuels burned for heat, use of products that contain greenhouse gases, and handling of waste.

**Agriculture** greenhouse gas emissions come from livestock such as cows, agricultural soils, and rice production.

## You Can Calculate Your Carbon Footprint

Greenhouse gas emissions vary among individuals depending on a person's location, habits, and personal choices. For example:

- **ELECTRICITY** The quantity of greenhouse gas emissions from your home electricity use depends on the types of fuel your power plant uses to generate the electricity and the amount you use.
- **HEATING** The quantity of greenhouse gases emitted from your furnace and boiler depends on their efficiency, the size and insulation of your house, and the amount and type of fuel used.
- **DRIVING** The quantity of emissions from your car or truck depends on how much you drive, what your vehicle's fuel efficiency is, and how you drive.
- **RECYCLING** In addition, the more recycling you do will reduce the amount of waste sent to landfills, as well as the greenhouse gas emissions that result from processing of raw materials.

**TO CALCULATE** your household's footprint go to: [www3.epa.gov/carbon-footprint-calculator](http://www3.epa.gov/carbon-footprint-calculator)

## Did You Know?

Not only does wasting food mean wasting money, it also contributes to global warming. Fossil fuel energy is required to produce and ship produce and food products, while decomposing food in landfills releases methane.

Using cold water can save up to 80% of the energy required to wash clothes.

Shutting down a computer saves about 65% more energy than leaving it on idle with a screen saver.

In the U.S. paper products are the largest percentage of municipal solid waste, and hard copy bills alone generate almost 2 million tons of CO<sub>2</sub>.

Compared to traditional incandescent light bulbs, LED lights use up to 85% less energy and last up to 25 times longer.

Air-drying your clothes can reduce the average household's carbon footprint by a whopping 2,400 pounds a year.

The USDA Forest Service notes that properly placed trees can reduce air conditioning needs by 30% and the energy used for heating by up to 20-50%.

The EPA estimates that, on average, gardening gobbles up more than 30% of household water usage.

## About Nahant S.W.I.M. Inc.



Our mission is to protect our environment. Since 1967, Nahant S.W.I.M. Inc. (Safer Waters in Massachusetts) has worked to protect our regional waters, beaches and land from pollution and other harm by participating in the planning and implementation of environmental initiatives, contributing scientific and technical expertise, organizing community action, monitoring water quality, working with other environmental groups, and informing and educating the public via educational events and the media. [www.NahantSWIM.org](http://www.NahantSWIM.org)

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