



Discussion points-

What do you think the term carbon footprint means?

What is climate change?

The phrase 'Carbon Footprint' is used a lot, but do you know what it actually means?

The dictionary definition of a carbon footprint is "the amount of carbon dioxide released into the atmosphere as a result of the activities of a particular individual, organisation or community."

### **The Importance of Your Carbon Footprint**

Tackling climate change isn't something that can be done on your own - we need everyone to play a part in reducing their impact on this planet. The best way to do this is to reduce your carbon footprint by taking your everyday carbon emissions into consideration.

Think of it like this: nearly everything you do releases some amount of carbon into the atmosphere, but how much depends on a huge number of factors. This means that you can increase or decrease your carbon footprint with your everyday choices.

For example, the food you buy has a carbon footprint attached to it. This is because it requires machinery and resources to grow, harvest, package and transport it to where you bought it from. Then, more energy is expended when you cook that food, which adds even more to its carbon footprint.

But simply by purchasing local produce, you can reduce your food's carbon footprint. Plus, if you choose to buy organic, then no chemicals will be used in its production reducing resources used further, thus lowering the overall carbon footprint.

What you're eating also makes a big difference, as vegetarian and vegan diets have much smaller carbon footprints than consuming meat or other animal products – even going one or two days a week without meat can make a real difference. Finally,

using 100% renewable electricity, or green gas, to cook your food can really help to shrink that carbon footprint right down.

It may seem simple, but just taking these considerations into account for every meal can make a huge difference, and if everyone started to apply this thinking to everything they did, the impact could be amazing!

### **How to reduce your carbon footprint**

There are a lot of things that make up your personal carbon footprint, but the main things that you have control of include:

- Food and drink
- Your home and energy
- Transport and travel

How could you change these things to reduce your carbon footprint?

