

How citizens can reduce their carbon footprint

1 Travelling in a more sustainable way

Walking, riding a bike, carpooling and **using public transport** are all great ways to reduce your carbon footprint. And if you do have to fly, it is better to take nonstop flights rather than connecting flights with layovers, as they are more fuel efficient.

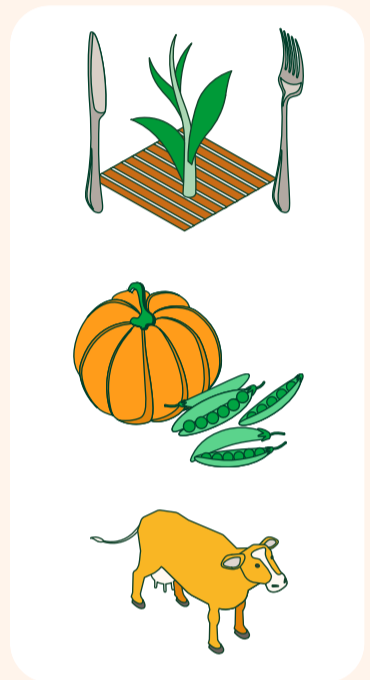
What's more, some carriers allow their customers to pay money into a sustainable flight account when booking trips. The funds raised go towards projects such as research and development of sustainable aviation fuels, promoting a more environmentally friendly future for the air transport sector.



2 Promoting sustainable food

In order to bring down your carbon footprint, it is better to buy **local produce** rather than mass-produced groceries, as well as **opting for lower-carbon options** such as vegetables instead of beef.

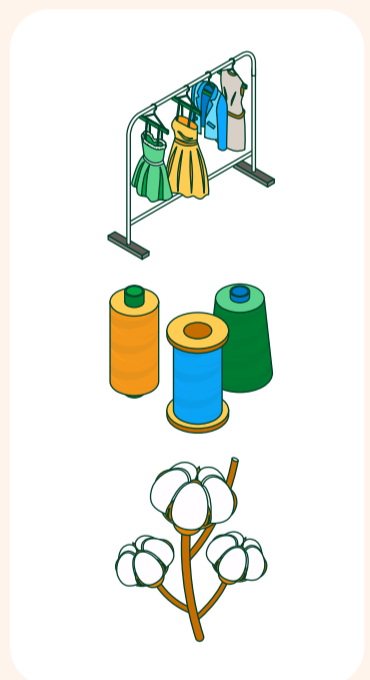
Livestock farming is a major source of methane emissions, a greenhouse gas released during the digestive process of animals such as cows. According to some researchers, switching from a meat-based diet to a vegetable-focused diet can reduce the carbon footprint associated with food by 50-80%.



3 Fashion

To keep your carbon footprint low, it is important to avoid so-called "fast fashion" – i.e. cheap garments that are not designed to be worn for long and instead keep pace with ever-changing trends. The fashion industry accounts for 10% of global carbon emissions every year, according to the UN, and these emissions could increase by more than 50% by 2030 if current trends continue.

Buying clothes made of wool or cotton, rather than synthetic fabrics, is a good way to bring down your carbon footprint.



4 Promoting energy efficiency in buildings

Electronic devices left on standby mode account for 5-10% of residential energy use. To reduce your carbon footprint, it is advisable to unplug them when they are not in use.

What's more, opting for **energy-efficient** lighting, such as LED bulbs, is a great way to reduce electricity consumption and associated emissions.

More and more manufacturers are also specifying the carbon footprint of their products, giving consumers the opportunity to make informed decisions and more sustainable choices when shopping.

