



# What's your

# Carbon Footprint ?





# What's your Carbon Footprint ?

We all leave a mark on our planet. Think of your **carbon footprint** as your personal impact.

In technical terms, your carbon footprint is the amount of greenhouse gas you produce in units of carbon dioxide.

This footprint is determined by your daily lifestyle and activities, such as travel (car, plane, train, etc.), electrical use, consumption of products and services, foods you eat, etc.





# Why should I calculate my carbon footprint?



- It helps you become more aware of **how your actions impact** the environment.
- You can start making more conscious decisions, such as **abstaining from using plastic-packaged goods** and **switching from driving to cycling** whenever possible.
- **Influences change on a societal or global level.** Leaders represent individuals, and when individuals begin taking their carbon footprint seriously, it **influences the leaders to propose changes** supporting individual efforts.



# Why should I calculate my carbon footprint?

## District 7040 EnviroClub Awards



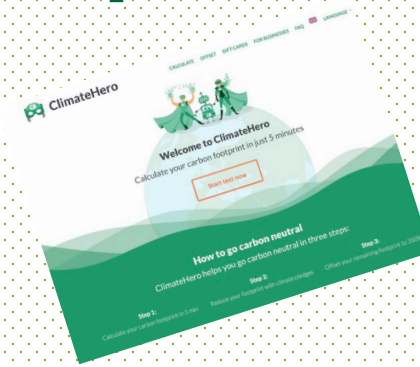
- Awards are a progressive, criteria-based system, where ROS has achieved “Bronze” Award, **before progressing to a “Silver” and finally a “Gold” Award.**
- **50% or more of Club Members must sign up** and participate in the “Carbon Footprint Challenge” for ROS to get to the Silver level



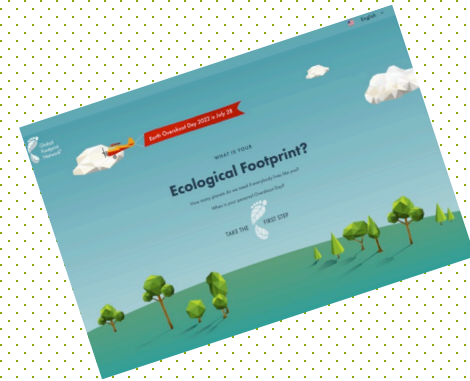


# Carbon Footprint Calculators

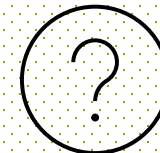
- **Climate Hero**  
<https://climatehero.me/>



- **Global Footprint Network**  
<http://www.footprintcalculator.org/home/en>



- **Footprint Calculator.Henke.com**  
<https://footprintcalculator.henkel.com/en>





# Carbon Footprint Calculators

## Climate Hero in 10 minutes !



Hi Vik,

Well done for calculating and reducing your carbon footprint! Here is a summary:

Your carbon footprint before promises: **9.2 tons CO<sub>2</sub>/ year**

Your climate promises:

- Switch to environmentally friendly electricity (-0.5 tons)
- Change to a climate friendly heat source (-1.2 tons)
- Change one medium-haul flight to a car/train/bus/ferry ride (-0.4 tons)
- Change one short-haul flight to a car/train/bus/ferry ride (-0.3 tons)
- Walk or bike more (-0.1 tons)
- Eat less beef and lamb (-0.5 tons)
- Eat more vegetarian food (-0.2 tons)
- Fight food waste (-0.2 tons)
- Go on a plastic diet (-0.1 tons)
- Shop less (-0.3 tons)
- Prioritize wooden and bamboo products (-0.1 tons)
- Adopt circular shopping habits (-0.2 tons)

Your climate footprint after climate promises is **5.1 tons CO<sub>2</sub>/ year**



# What's my Carbon Footprint ?

## *My Carbon Footprint Reduction Action Plan*

**Objective: 5.1 tons CO<sub>2</sub>/year**

- Eat more vegetarian food
- Walk or Bike more
- Eat less Beef/Lamb
- Change to Climate friendly heat source
- Fight food waste (with my wife and friends)
- Shop less (life is better with wife)





# Rotary Club of Ottawa South



- Let's achieve the **"Silver" Award** (and finally the **"Gold"**)
- Let's all **Participate** in the **"Carbon Footprint Challenge"**

## Thank You !