



Source: Muskoka 70.3 Ironman race website

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**Carbon Footprint – Simple Ways to
Improve**

Stewardship Conference

April 26, 2019

A Carbon Footprint is Two Parts:

Primary Footprint

- The primary footprint is a measure of our direct emissions of CO₂

Secondary Footprint

- The secondary footprint is a measure of our indirect CO₂ emissions



What can you do at home? House

- Installing a low flow shower head can save **2450 lbs** of CO₂ over 7 years
- Installing low flow sink heads or faucet aerators can save up **to 3150 lbs** of carbon over 7 years
- Use cold water in your washing machine = **~0.25 tonnes** of carbon per year
- Hang dry clothes = **~0.21 tonnes** of carbon per year (0.053 tonnes of carbon in Canada based on outdoor temperature)
- Turning down your hot water heater to 120 degrees can save **8250 lbs** of CO₂ over its life (15 years)
- Wrapping a hot water heater in an insulating blanket can save **15,000 lbs** of CO₂ over its life (15 years)



What can you do at home? Diet

- Go Vegetarian = ~0.8 tonnes of carbon per year
- Or eat better meat less often = ~0.4 tonnes per year
- Chicken or Pork production produces less CO₂ than beef – Chicken uses **11 times less water** and produces **5 times** less emissions.
- Buy locally produced helps reduce transportation
- According to World Watch institute **food travels and average of 2400 kms from farm to grocery store** – World Watch Institute
- According to a University of Iowa Study the product used to make a container of **strawberry yogurt travel and average of 3570 km** from farm to grocery store



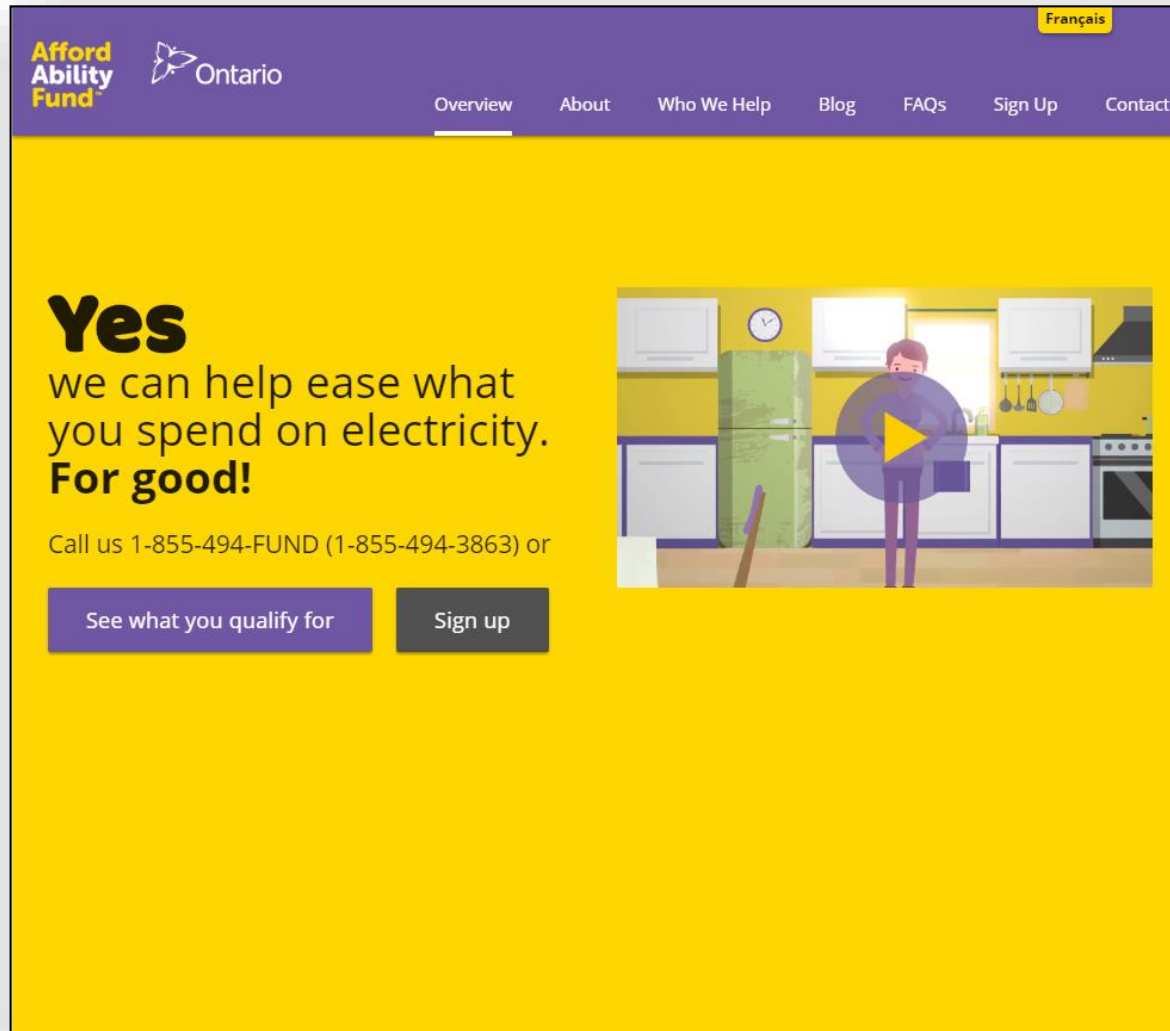
What can you do at home? Travel

Human Powered vs Gas Powered Boating

Every litre of gasoline burned results in **2.4 kilograms of emissions**. But that figure doesn't include emissions from drilling, extracting, transporting and refining that gasoline, and then trucking it to the service station where you buy it. Factor those in, and it's more like **3 KG/litre**. If you consume 40 litres per week, that equals over six tonnes of emissions per year.



The AffordAbilityFund



The screenshot shows the homepage of the AffordAbilityFund website. The header is purple with the AffordAbilityFund logo and the Ontario logo on the left. A yellow button labeled 'Français' is in the top right. A navigation menu in the center includes links for Overview, About, Who We Help, Blog, FAQs, Sign Up, and Contact. The main content area has a yellow background. On the left, the text reads: 'Yes we can help ease what you spend on electricity. For good!'. Below this, it says 'Call us 1-855-494-FUND (1-855-494-3863) or'. There are two buttons: 'See what you qualify for' and 'Sign up'. On the right, there is an illustration of a person in a kitchen with a large play button overlay.

AffordAbilityFund Ontario

Overview About Who We Help Blog FAQs Sign Up Contact

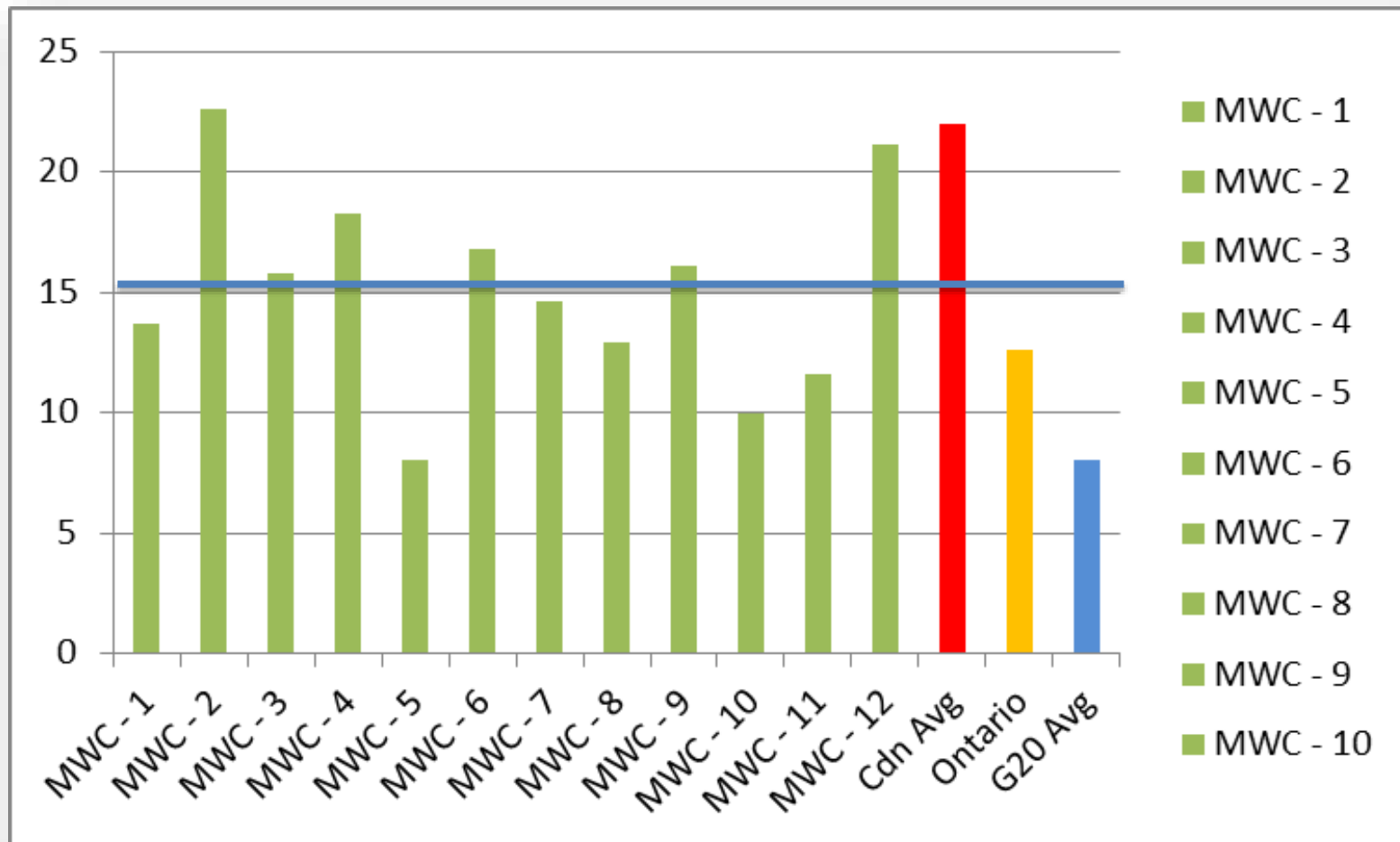
Yes
we can help ease what
you spend on electricity.
For good!

Call us 1-855-494-FUND (1-855-494-3863) or

See what you qualify for Sign up

<https://www.affordabilityfund.org/>

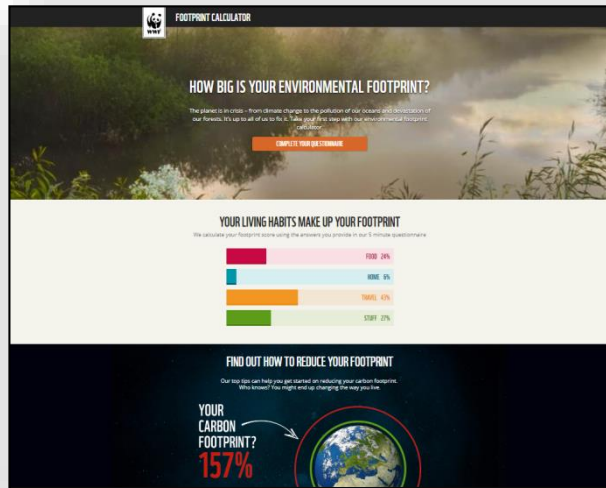
MWC's Carbon Footprint



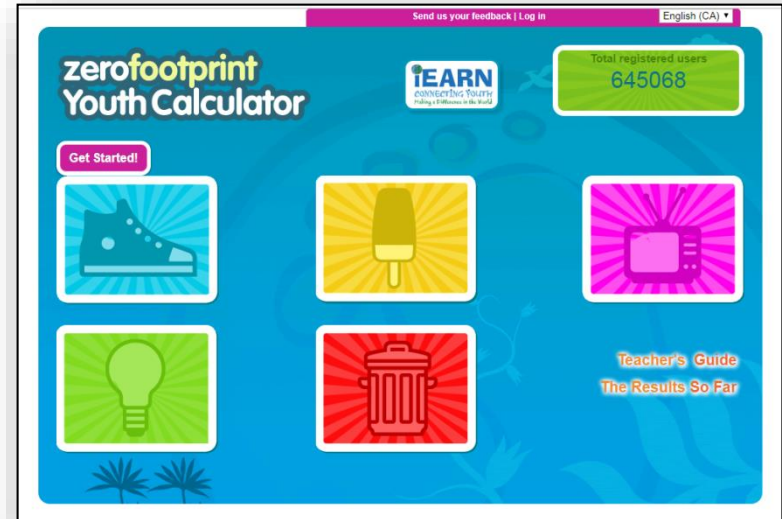
MWC's Average is 15.1
Can we reduce this 10% in a year?



A variety of free calculators of differing complexity and for all ages



<https://footprint.wwf.org.uk/>



<https://calc.zerofootprint.net/>

carbon footprint

Call us on +44 (0)1256 345645

You are not logged in
Log In / Create Account

CALCULATE OFFSETTING BUSINESSES INFORMATION ABOUT US CONTACT MY ACCOUNT

Language: English (United States)

CARBON CALCULATOR
Carbon Footprint Calculator For Individuals And Households

This carbon calculator is provided free to use

Show you care for the environment and communities across the World by Carbon Offsetting.

You can support Carbon Offsetting Projects that both tackle climate change and support impoverished communities across the world. Just click the 'Offset' button after you have finished your calculation. It takes only a few easy clicks and costs only a few Pounds/Dollars/Euros per tonne CO₂. You also get a personalised Certificate recognising your offsetting - makes an ideal gift too!

Why create an account?
441 people like this. Be the first of your friends.

Household carbon footprint calculator
Enter your consumption of each type of energy, and press the Calculate button

Your individual footprint is calculated by dividing the amount of energy by the number of people in your house. To calculate your full household footprint, select "1".

How many people are in your household? With a factor of 0.9402 kgCO₂e/kWh what's this?

Electricity: kWh kWh

Natural gas: litres litres

Heating oil: litres litres

Coal: metric tons metric tons

LPG: litres litres

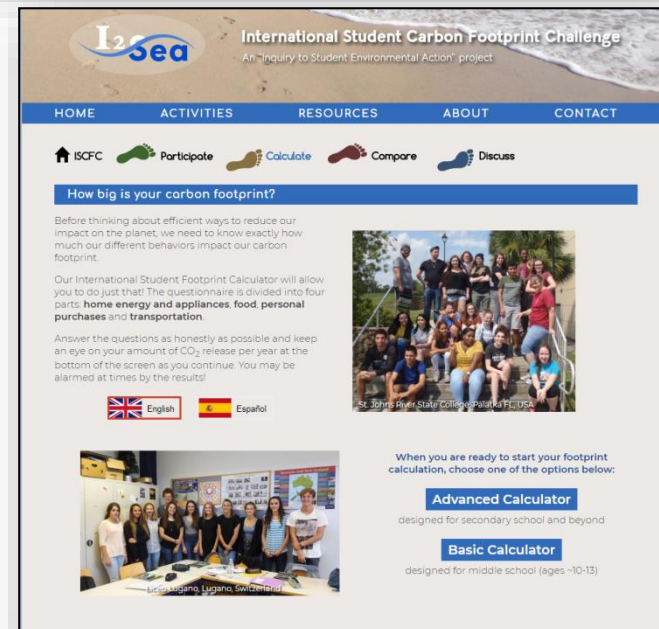
Propane: litres litres

Wooden pellets: metric tons metric tons

Calculate Household Footprint

Total House Footprint = 0.00 metric tons of CO₂ **Offset Now**

<https://www.carbonfootprint.com/calculator.aspx>



<http://web.stanford.edu/group/inquiry2insight/cgi-bin/i2sear3b/i2s.php?page=calculate>

Good News - Progress Doesn't Mean Sacrificing the Economy

