

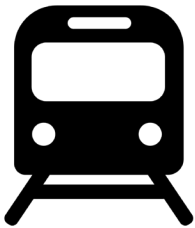
High Impact Actions

Looking to reduce your personal carbon footprint? Lifestyle changes are part of a societal trend towards lower emissions. Here are three of the largest sources of emissions that can be reduced by consumer choices:



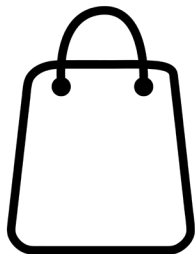
Our Food System: Choosing plant-based foods can reduce your personal carbon footprint dramatically. Food production creates about 26% of the world's carbon emissions, and animal agriculture represents about half of that percentage.

- Beef is by far the most carbon intensive animal product, followed by milk, lamb and pork.
- Many plants have enough protein, and simple combinations of two plant proteins ensure that a vegan diet provides all essential amino acids.
- Roughly one third of the world's food is never eaten, representing about 8% of global carbon emissions. A good rule of thumb is to buy what you need, eat what you buy, and compost your food waste.



Our Transportation System: Flying is one of the most carbon intensive ways to travel. Of course, sometimes it is unavoidable, but when other forms of transportation are feasible, you can make a less carbon intensive choice.

- Public transportation (trains, buses, and subways) and electric vehicles are less carbon intensive than air travel or car travel in a gas powered vehicle. If flying is unavoidable, try to fly less frequently but stay for a longer trip. Fly direct when possible. Airplanes burn the most fuel during take off and landing.
- A trip via car will generate about 50% of the emissions as a flight, on a per passenger basis. Use cruise control: the smoother acceleration and maintained speed is the most efficient way to drive.



Our Shopping System: Fast fashion was responsible for 10% of global greenhouse emissions in 2023. When possible, reduce, reuse, and recycle instead of buying new consumer goods.

- 100 billion garments are produced each year, and 92 million tons of clothes end up in landfills each year.
- 50,000 trees are harvested each year just to make wrapping paper. Try giving experiences, rather than a wrapped gift.

There seem to be an infinite number of carbon emission sources. As individuals, we can't stop or fix them all. However, by making choices that reflect our values, we can make a meaningful difference in local and global carbon emissions. Visit www.drawdown.org for more information.

www.lincolngreenenergy.org

