



Western Cape
Government
Environmental Affairs and
Development Planning

BETTER TOGETHER.

REDUCE
YOUR
CARBON
FOOTPRINT



Your carbon footprint is the sum of all direct and indirect **greenhouse gas emissions** caused by your lifestyle choices in a given time frame.



Our Climate is Changing

We all need to take action together

Options for climate friendly living.



Don't light up if the sun is shining

- Switch off unused lights.
- Use natural light – open the blinds
- Use energy-saving lights – they last longer and save money



Kitchen and laundry

- Only boil as much water as you need.
- Cook with gas or a solar oven to reduce carbon emissions.
- Use a pressure cooker because stoves and ovens use a lot of energy. Use it wisely.
- Ensure fridge is not set too cold.
- Buy or make your own super insulated hotbox (or wonderbag). It allows food to finish 'cooking' and keeps it warm.
- Only wash clothes or dishes when you have a full load.
- Do cold water washes - modern detergents are designed that way.
- Dry your clothes outside.



Solar power your home from your roof

- Install a solar water heater and reduce the geyser's electricity consumption.
- Invest in solar pv (photovoltaic) panels.



Temperature control

- Turn down heating and wear warmer clothes.
- Draught proof windows and doors.
- Install good insulation.



Garden

- Plant a food garden that offers healthy food.
- Plant indigenous plants as they are water-wise.
- Capture rainwater and use this water in the garden.



Saving energy gives you power

- Switch off geyser during peak hours and when you go away.
- Insulate geyser and turn thermostat to 60 C.
- Don't leave electronics on standby.
- Ensure new equipment is energy efficient.



Use water wisely

- Turn off the tap when you brush your teeth or shave.
- Install water saving showerheads and tap aerators.
- Avoid baths and have short showers.
- Fit a dual-flush cistern.
- Cover your swimming pool.



Be too wise to waste

- Purchase good quality sustainably sourced products.
- Reduce consumption. Purchase products with least packaging.
- Reuse items wherever you can.
- Recycle paper, glass, plastic, metal, light bulbs and printer cartridges. This saves energy, water and other resources.



Use sustainable transport

- Walk, cycle and use public transport.
- Explore car pooling.
- Work from home or work flexi-hours to avoid rush hour.
- Practice fuel-saving, 'smart driving' techniques.
- Ensure your next car is more fuel-efficient.



Other ideas

- Buy locally produced food - support the local economy.
- Use non-toxic natural soaps and cleaning products.
- Use non-toxic wall paints that only contain natural ingredients.

What more YOU can do

- **Learn about climate change** and what you can do.
- **Share knowledge.**



Purchase products and food that are **locally produced** and have as little packaging as possible.

Go Local!

- **Save energy** at home and work.
- **Calculate** your full carbon footprint.
- **Choose durable** over disposable products!
- Choose **sustainable modes of transport.**

Always take along **re-useable shopping bags.**



- **Give life back to your soil!**
Compost organic kitchen waste using a compost or worm bin.



Dispose responsibly and only as a last resort.

- **Buy less! Share more!**
- Be creative! Give your “waste” a second life! **Re-use!**
- **Recycle!** Source your nearest Drop-Off facility or use private recycling companies. Light bulbs and batteries can be left at many supermarkets.

