

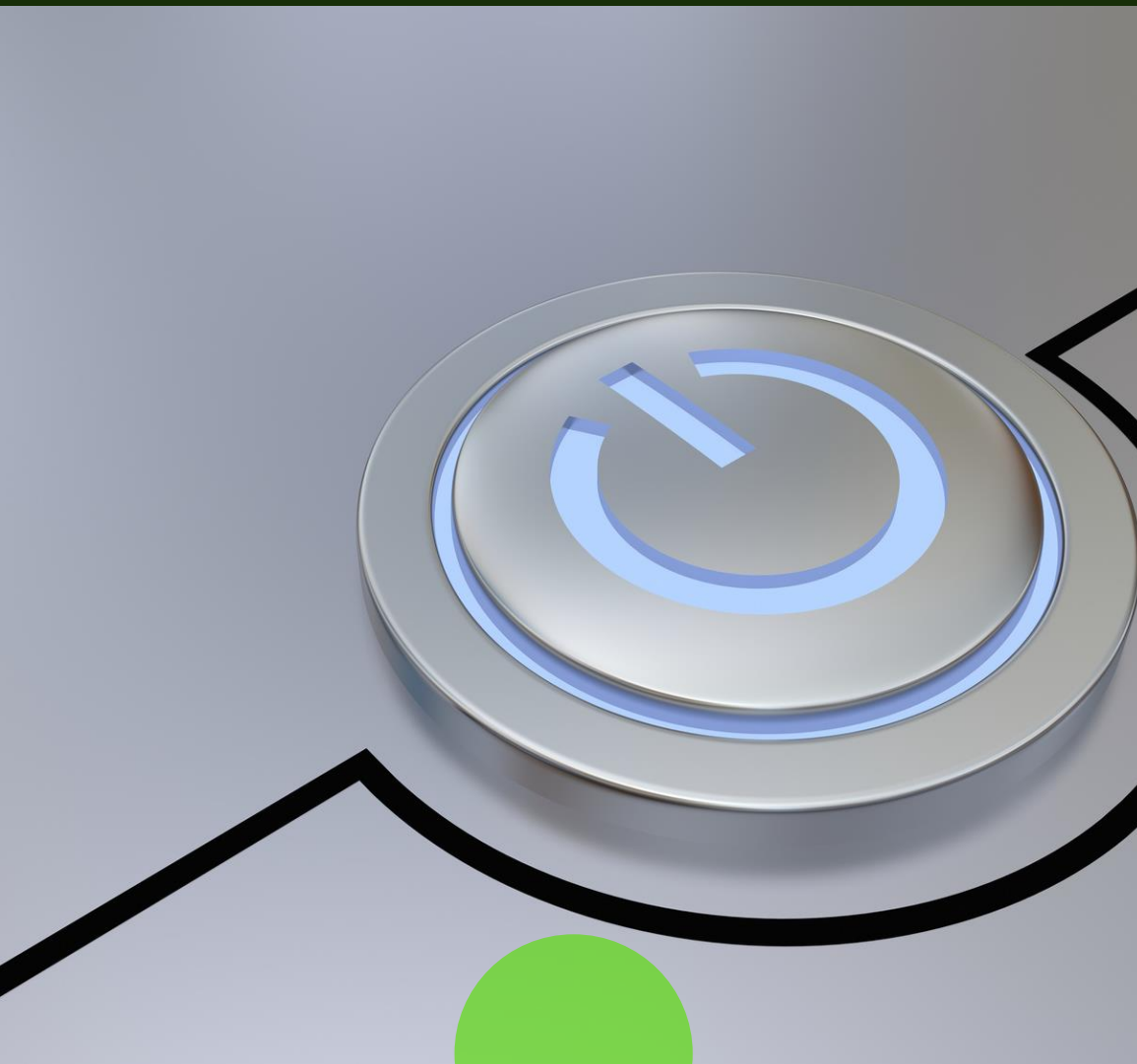
REDUCING CARBON FOOTPRINT IN DAILY LIFE

PREPARED AND PRESENTED
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INTRODUCTION

WELCOME TO ENERGY USE MY PRESENTATION

The carbon footprint shows the amount of greenhouse gases released into the atmosphere due to human activities such as energy use, transportation, food, and consumption. Activities like air travel, fossil fuel use, meat consumption, and excessive electricity usage increase this footprint. A higher carbon footprint contributes to global warming, climate change, melting glaciers, and air pollution, all of which harm the environment.



ENERGY USE

- Using LED bulbs at home reduces electricity use by 80% (eighty percent).
- Turning off unused lights also lowers bills.
- Shutting down the computer is more efficient than sleep mode.

TRANSPORTATION & MAINTENANCE

Covering the same distance by walking or cycling as an individual would by car results in zero emissions. Public transport is far more eco-friendly than private cars. Well-maintained cars consume less fuel. Fuel efficiency benefits both the planet and your wallet.

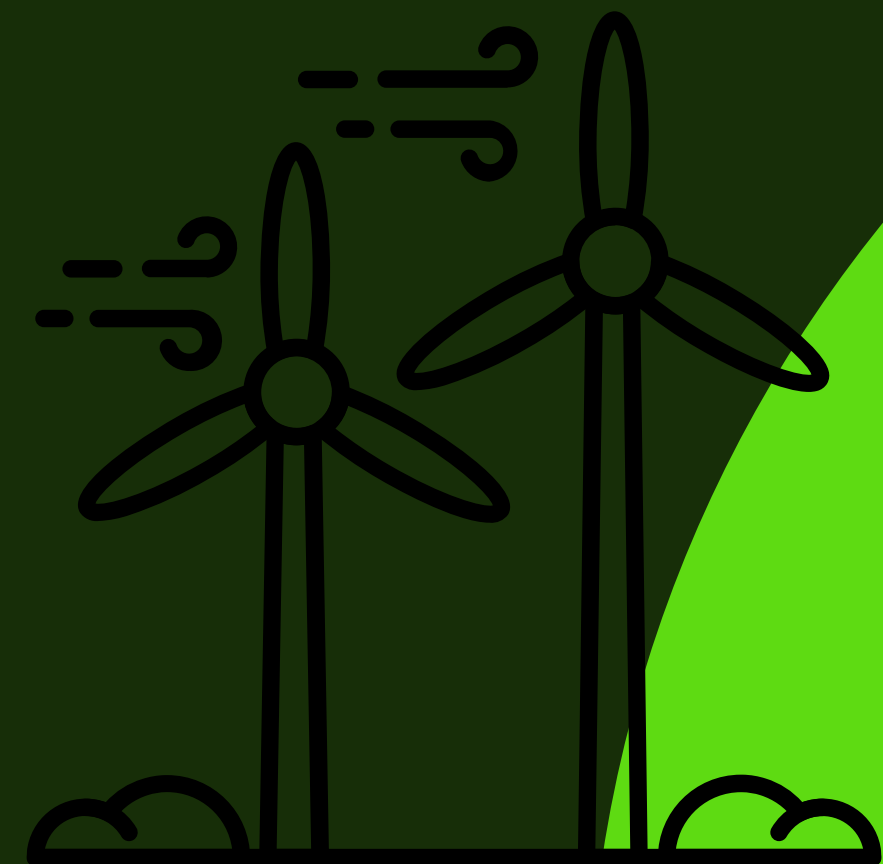




RENEWABLE ENERGY

A home with solar panels can save about .1.3(one point three tons) tons of CO₂ annually. Renewable energy sources provide the greatest long-term benefit. Wind and solar energy are clean and inexhaustible.

<https://www.iea.org/reports/renewables-2020>





WATER SAVING

A dripping tap wastes 5(five) tons of water per year. Saving water also reduces the energy needed for pumping. Turning off the tap while brushing teeth is a small but effective step.



LOCAL & SEASONAL FOOD

Buying local apples produces 10(ten) times less carbon than imported ones. Eating seasonal food is natural and eco-friendly. It is also fresher and healthier.

HEALTHY & ECO-FRIENDLY EATING

A plant-based diet significantly lowers the carbon footprint. For example, a vegetable meal produces about 10(ten) times less emissions than a beef meal. Choosing meat-free meals a few days a week benefits both health and the environment.



WASTE MANAGEMENT

Recycling
1(one) ton
of paper
saves
17(sevente
en) trees.



Recycling
plastics
saves
70%(seventy
percent) of
energy.



Sorting
waste at
home is
simple yet
powerful.



REUSE

Using a cloth bag avoids about 170(one hundred seventy) plastic bags per year. Repairing items is more eco-friendly than buying new ones. Avoiding single-use products reduces carbon emissions.



DIGITAL FOOTPRINT



One email emits about 4(four) grams of CO₂. Deleting unnecessary emails reduces invisible carbon. Digital clean-up helps save energy.

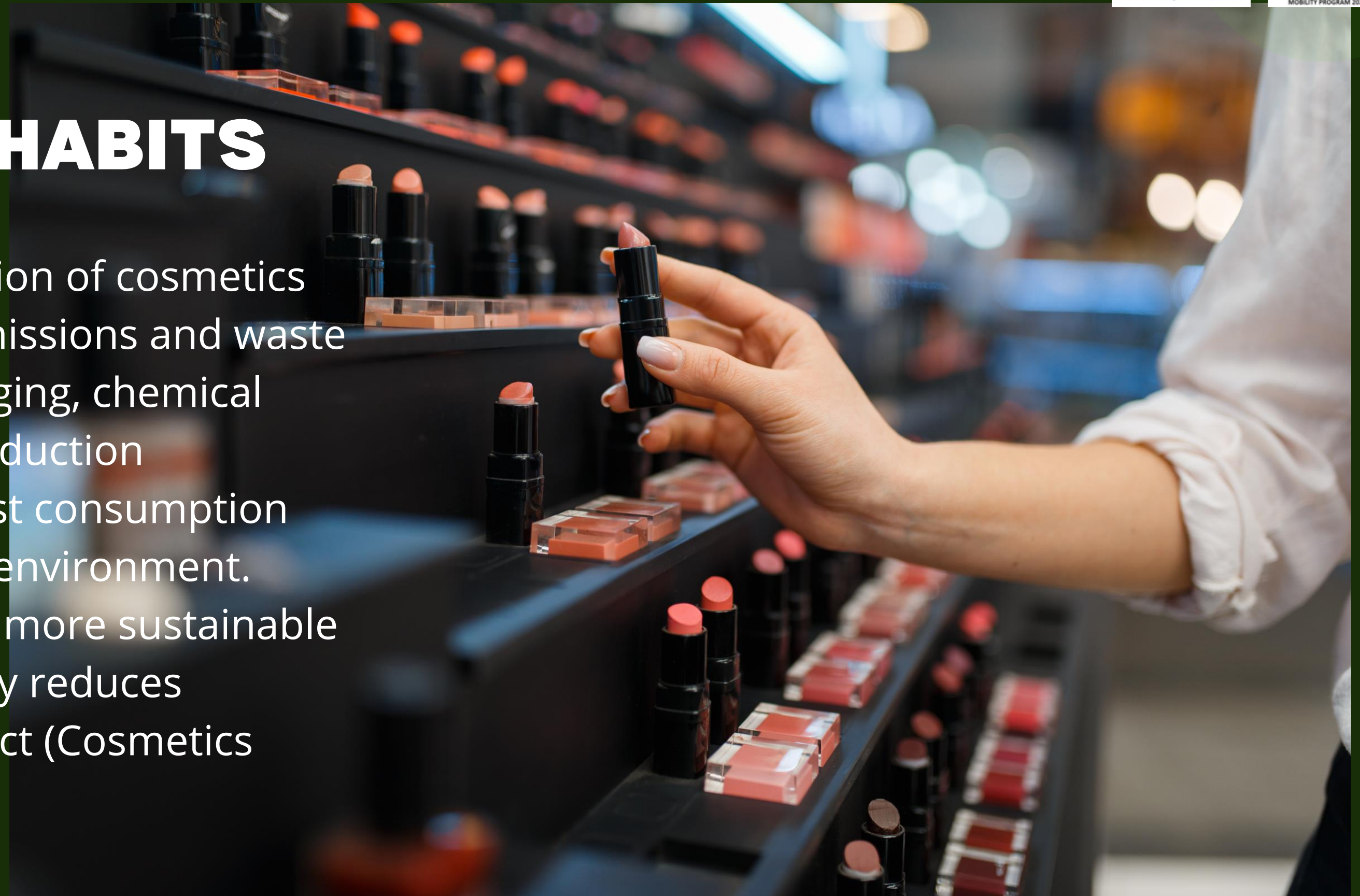


CLOTHING CONSUMPTION

Producing one pair of jeans requires 7,500 liters of water. Choosing durable clothes over fast fashion is eco-friendly.

SHOPPING HABITS

Excessive consumption of cosmetics increases carbon emissions and waste due to plastic packaging, chemical ingredients, and production processes. Minimalist consumption greatly benefits the environment. Choosing fewer and more sustainable products significantly reduces environmental impact (Cosmetics Europe, 2021).



INDIVIDUAL CONTRIBUTION

A 10% (ten percent) annual carbon reduction equals the CO₂ captured by two trees. Small changes add up to big impacts. Everyone's responsibility matters.

We can reduce our carbon footprint through conscious daily choices. Every decision matters—from energy to transport, from food to shopping.

TOGETHER, SMALL STEPS CREATE A BIG DIFFERENCE...

THANK YOU VERY MUCH FOR LISTENING TO ME