# Measuring your Carbon Footprint

## What is it?

The carbon footprint is a measure of the amount of green house gases are produced by our day to day activities, measured in units of carbon dioxide – obviously this measure will be higher, in general, for businesses than for households.

Carbon dioxide is produced during normal activities such as using electricity and natural gas and travelling in cars, trains, planes and other forms of transport. It is everyone’s responsibility to minimise this measurement, by minimising the amount of carbon dioxide emissions we generate each day.

## Reducing our Carbon Footprint

Ways that we can minimise green house gases in the house include buying energy efficient appliances (e.g. whitegoods are marked with their level of efficiency), including water efficiency. Dispose of old appliances wisely – dumping them can cause harmful chemicals leaking into the atmosphere.

Heating a building impacts greatly on greenhouse gas emissions; consider using it less frequently and ensuring that your house contains sufficient insulation.