

What is a carbon footprint?

Using coal, natural gas, or oil for electricity, heat or transportation releases carbon dioxide (CO₂) into the atmosphere.

These daily carbon dioxide emissions make up your carbon footprint.

Why Care?

Too much CO₂ from our daily activities hurts the planet's climate.

Measuring carbon emissions can be tricky. This card lists estimates of the CO₂ emitted through common activities.



Add it up:

When you want to lose weight, you count calories. When you want to save money, you count dollars. Want to improve the atmosphere?

Count CO₂ emissions.

Driving, flying, drinking coffee and even eating sushi all have a carbon footprint.

Use this guide to count your carbon so you can live lighter!

Put this card in your wallet or on your fridge for reference!

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www.soprisfoundation.org

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Sustainability for the Rockies

Carbon Footprint

COUNTER

What's
your
total?

Home Energy Use

Lights use natural window light	0 lb CO2
Cooling open a window for fresh air.....	0 lb CO2
Washing cold water, air dry	0.4 lb CO2/day
Snow shovel by hand	0 lb CO2/winter
Bathing hot shower, 5 minutes.....	3.5 lbs CO2/shower
Home energy efficient house	3.8 lbs CO2/sf/yr

Lights four 26 Watt CFL bulbs for 12 hours	1.7 lbs CO2/day
Cooling electric fan.....	1 lb CO2/day
Washing cold water, electric dryer	4.4 lb CO2/day
Snow snowplow truck removal.....	950 lbs CO2/winter
Bathing hot shower, 10 minutes.....	7 lbs CO2/shower
Home average US household	10 lbs CO2/sf/yr

Lights four 100 Watt bulbs for 12 hours	6.5 lbs CO2/day
Cooling air conditioner	7 lbs CO2/day
Washing hot water, electric dryer	8 lbs CO2/day
Snow heated driveway	6 tons CO2/winter
Bathing soaking in avg hot tub.....	9 lbs/day
Home large size, many amenities	51 lbs CO2/sf/yr

Travel | Recreation

Driving take the bus instead	0.2 lb CO2/passenger mile
Flights long, extended trip*	0.3 lb CO2/passenger mile
Recreation cross country ski	negligible CO2
Exercise walk, hike outdoors	negligible CO2
Extra average car idling in traffic.....	12 lbs CO2/hour

Driving hybrid electric car, 41 mpg	0.5 lb CO2/mile
Flights medium trip*	0.5 lb CO2/passenger mile
Recreation lift-serviced skiing	45 lbs CO2/day
Exercise gym workout	21 lbs CO2/visit
Extra snowmobiling	87 lbs CO2/hour

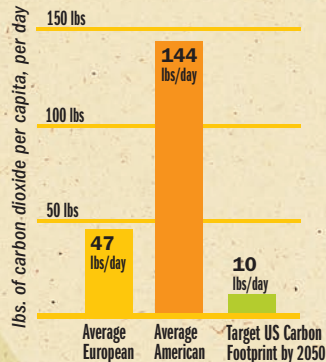
Driving average 23 mpg vehicle.....	0.9 lb CO2/mile
Flights short trip*	0.9 lb CO2/passenger mile
Recreation heli-skiing.....	419 lbs CO2/day
Extra private jet	3.4 tons CO2/hour

Food | Drink | Work

Water tap water	negligible CO2
Alcohol New Belgium beer.....	1.8 lbs CO2/12-oz bottle
Food fruits & vegetables	1.6 lbs CO2e/lb
Food banana	0.25 lbs CO2e/banana
Work laptop computer.....	0.3 lb CO2/day
Extra coffee	0.4 lb CO2/cup

Water dispenser with hot/cold	3.1 lbs CO2/day
Alcohol domestic wine.....	5.5 lbs CO2/750 ml bottle
Food chicken, fish, eggs	6 lbs CO2e/lb
Work desktop computer	2.2 lb CO2/day
Extra LCD 40" flatscreen TV	0.7 lb CO2/day

Water bottled Fiji water.....	1 lb CO2/liter
Alcohol French wine	6.2 lbs CO2/750 ml bottle
Food beef	22 lbs CO2e/lb
Food cheeseburger.....	6.6 lbs CO2e/burger
Work send a UPS package.....	4.7 lbs CO2/package
Extra yellowtail sushi	0.5 lb CO2e/piece



- * In addition to other factors, more fuel is burned during takeoff & landing in a short flight than on long flights.
- ▶ The distance a product is shipped from where it was produced, or the specific model of a home appliance or personal vehicle alter the actual carbon footprint. These estimates are based on best available information.
- ▶ For a complete explanation of the calculations, refer to "Daily Carbon" at www.soprisfoundation.org