

Four Green New Year's resolutions

The beginning of a new year is, for many, the definition of New Year's resolutions, which is why ProjectZero brings you four of them.

By ProjectZero. English version by Brian Egering.



It's been a while since the clock struck midnight the 31st of December, welcoming a new year. The beginning of a new year is the symbol of time for change.

Every year many people have New Year's resolutions that may include losing a couple of pounds due to the love handles as a result of the Christmas feast or strive for personal development.

That's why ProjectZero has chosen to come up with four green New Year's resolutions to inspire you in a greener 2018.

Eat less meat and more vegetables

By eating less meat and replacing it with vegetables you can spare the environment by up to 12.2 kg CO₂ per kilo of meat you choose not to eat. It's especially by eating less beef or replacing it with other types of meat like fish and chicken that you can reduce CO₂-emissions.

According to the Danish vegetarian association a man eats 63kg of red meat every year, which equals 768,6 kg CO₂, furthermore, additional CO₂-emissions are added from all the dairy products that we consume. A whopping 75% of CO₂-emissions coming from food originate from meat and dairy.

Leave the car at home and grab your bike

We're probably all familiar with the weather being cold, windy and rainy when we're headed to work. The easy and comfortable choice is to go by car, but there are many benefits of going by bike. For every kilometer you bike instead of going by car 164 grams of CO₂ is saved. This means that the annual savings in CO₂-emissions amount to 328 kg if you have 5 km to work. Furthermore, not only will it improve your health, but also you'll feel fresh and ready when you get to work.

Refrain from plastic bags and use a shopping bag instead

If you choose to use a shopping bag instead of a buying a plastic bag when you're out shopping, the environment will be spared for 45 grams of CO₂ for every Plastic bag you don't buy. If you purchase four plastic bags a week the CO₂ will annually amount to 9,3 kg. In addition, you'll be saving money long term by choosing a shopping bag, due to being inexpensive and lasting longer than regular plastic bags. Made up in Danish kroner you'll be able to save around 580 every year, which is equal to around 80 euro.

Ride the bus more often

A fast way to reduce CO₂-emissions is by going by bus instead of by car more often. In Sonderborg municipality many of the regular busses have been replaced with brand new bio-busses running on biogas, which is CO₂-neutral instead of diesel fuel. If you get a chance to visit the area, it's a great way to visit people, go to a work or business locations or, simply, to see the sights. Furthermore, if you have a bike during your stay you're allowed to bring it with you in the bus. By riding the bus 15 km each way you can spare the climate of 4,9kg CO₂.

Even if you live in an area with regular busses instead of the ones fuelled with biogas, it's still a more environmentally friendly solution to ride the bus instead of going by car.

17. januar 2018

TemplateTags() in code (Designs/ProjectZero/_parsed/pdf.parsed.cshtml). Remove before going live...

ProjectZero | Alsiion 2 | 6400 Sønderborg | tlf. 31 68 30 90 | post@projectzero.dk (mailto:post@projectzero.dk) | CVR 29 21 56 42