

Your small actions count in the big climate account

A Dane's consumption-based climate footprint corresponds to approx. 12 tons of CO₂ annually. Our CO₂ emissions consist of several elements, some of which we can influence and reduce in favor of the climate. Both large and small actions count when the large accounts are settled, so what you do in everyday life during shopping, transport, housing, etc. is important for the climate.

By Anne Branderup

Source: coop.dk / madpyramiden.dk

A Dane emits a total of approx. 17 tonnes of CO₂ annually - of which the 5 tonnes of CO₂ cover common emissions from, for example, the operation of Danish hospitals, schools, infrastructure and other things we all use in society.

The rest, 12 tonnes of CO₂, is so-called consumption-based, which means that it is CO₂ emissions that you as an individual can reduce.

There are four areas in particular you can work with if you want to be more climate wise in your everyday life:

Your home

Do you know how much heat you consume per month / year? What heat source do you heat your home with and keep your home warm?



BOLIG

Boligen sluger masser af energi, og meget af det går til spilde. Isolering, styring, grønne varmekilder og sund fornuft kan reducere el- og varmeregningen og spare masser af CO₂.

What can you do:

Heat supply should optimally be district heating or heat pump.
Save energy in the home: insulate your house, save electricity and water.

Food

A major item on our CO₂ accounts is the food we produce. There are some points of attention that can help you when shopping for food.



MAD

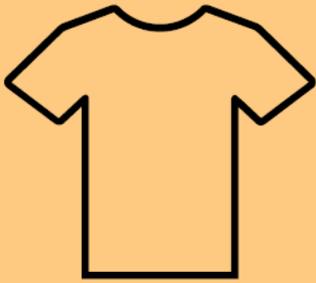
Produktion og transport af fødevarer kan udlede rigtig meget CO₂. Du kan nedsætte dit aftryk ved at reducere madspild, købe lokale råvarer, købe sæsonvarer og spise mindre kød.

What can you do:

Buy locally, preferably Danish and / or European-produced food.
Pay attention to the packaging in which the food is packed. Can it be recycled? Remember that you buy waste when you shop and it is good when it can be recycled.

Consumption of clothes / electronics etc.

Like food, it costs CO₂ to produce and transport our consumption of clothing, electronics and other consumer goods.



FORBRUG

Det koster energi og ressourcer at fremstille varer, særligt tøj og elektronik. Hvis du køber brugt, reparerer eller bruger dine ting op, sparer du verden for mange kilo CO₂.

What can you do:

Think about recycling - buy in second-hand shops and see if dba.dk does not have the new furniture you are missing.
Buy locally produced clothes, preferably from Denmark and Europe.
Repair electrical equipment instead of buying new.

Transport

How you transport yourself to work, shopping, school and on trips is of great importance for your CO₂ footprint. The largest CO₂ emissions come from fossil fuels.



TRANSPORT

Transport står for en tredjedel af vores CO₂ udledning. Færre flyrejser, elbil i stedet for benzin og diesel, flere cykelture og mere fælleskørsel gør en stor forskel for klimaet.

What can you do:

Walk and bike as much as possible.
If possible, consider whether you can use public transportation when going on longer trips.
Electrify your car and drop car # 2.

Sources: Regeringen.dk, Concito.dk, coop.dk., foedevarestyrelsen.dk

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... to eat more climate-friendly

Use the food pyramid in your meal plan

Read more and get good tips on how to make your food climate-friendly

[Coops food pyramid \(https://madpyramiden.dk/klima/gode-raad-til-at-spise-mere-klimavenligt/\)](https://madpyramiden.dk/klima/gode-raad-til-at-spise-mere-klimavenligt/)

MADPYRAMIDEN



100% AVOCADO OIL
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coop

www.coop.se

The housing associations have trained Green Ambassadors, who work to help fellow residents and the association to choose the better solutions in everyday life - large and small

ProjectZero's [Masterplan2029](http://projectzero2029.dk/) (<http://projectzero2029.dk/>) also focuses on citizens' behavior in the raising day, especially within the home, ie. housing, transport, consumption, etc.

Sign up for ZEROnyt and receive local news about the green transition in the Sønderborg area.

Yes, thank you I would like to receive newsletter (<https://www.projectzero.dk/toppages/nyhedsbrev>)



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