



## Plan Zero - How to make zero carbon living a reality - Data sources and References

**"It's global! 43 billion tons of carbon dioxide enters our atmosphere every year"**

*Reference:* The world counts

*Link:* <https://www.globalcarbonproject.org/carbonbudget/20/highlights.htm>

**We calculated the average UK person's carbon footprint based on analysis carried out by the Carbon Trust for OVO Group (2021). In this analysis, the carbon footprint includes the following lifestyle categories: energy, transport, shopping, food and drink and holidays. This excludes emissions from things that the average person cannot directly control such as supporting the NHS, defence, government bodies, etc.**

*Reference:* The Carbon Trust

**"A quick win is to turn your screen brightness down to 70%. If you dim your monitor from 100% brightness to 70%, it cuts your energy consumption by about 20%, according to Harvard Law School."**

*Reference:* Harvard Law School

*Link:*

<https://green.harvard.edu/tools-resources/green-tip/reduce-monitor-brightness-reduce-energy>

**"Turn your thermostat down by 1 degree**

**This one's simple, but very effective: when the winter months come rolling in, turn your thermostat down by just one degree.**

**This tiny change could avoid 300kg carbon being emitted every year!"**

*Reference:* Energy Saving Trust

*Link:* <https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/>

**"Swapping your car for a bike can massively reduce your transport emissions. A recent study by Oxford University found that making just one trip a day by bike instead of by car could reduce your carbon footprint by 500kg a year!"**

*Reference:* University of Oxford

*Link:*

<https://www.ox.ac.uk/news/2021-02-02-get-your-bike-active-transport-makes-significant-impact-carbon-emissions>



**"On average, an EV has half the lifecycle carbon emissions compared with a modern petrol car. But if you can run your car on renewable electricity, you'll reduce its carbon footprint by 70% vs a petrol ride. That's pretty big!"**

Reference: The international council on Clean Transportation

Link: <https://theicct.org/publications/EV-battery-manufacturing-emissions>

**"So when you have to use your car, here's how you can keep your driving as efficient as possible. Because even small things add up."**

Reference: The New York Times

Link:

<https://www.nytimes.com/guides/year-of-living-better/how-to-reduce-your-carbon-footprint>

**"Getting on the veggie train is a great way to cut your carbon footprint. And going vegan can reduce your carbon footprint from food by 73%, according to research by the University of Oxford"**

Reference: University of Oxford

Link: <https://www.ox.ac.uk/news/2018-06-01-new-estimates-environmental-cost-food>

**"We throw away 6.6 million tonnes of food waste every year in the UK – just from our homes. (And that adds up to £14 billion worth!) The worst bit? 4.5 million tonnes of that food – or about 8 meals per household per week – could've been eaten." & "This "edible" food waste is responsible for 14 million tonnes of carbon"**

Reference: WRAP

Link:

<https://wrap.org.uk/media-centre/press-releases/wasting-food-feeds-climate-change-food-waste-action-week-launches-help#>

**"Farming animals is responsible for 14.5% of global greenhouse gas emissions and the production of red meat accounts for 41% of those emissions. Taking beef as an example, cutting out one portion a week could reduce emissions by 202 kilograms of carbon per year."**

Reference: Food and Agriculture Organization of the United Nations

Link: <https://www.fao.org/news/story/en/item/197623/icode/>

**"The BBC recently showed that tomatoes such as organic vine cherry tomatoes grown using artificial heat in the UK are 95 times more carbon intensive than local and seasonally grown large salad tomatoes."**

Reference: BBC

Link: <https://www.bbc.co.uk/food/articles/carbon>



**"But being a little bit more careful about your shopping choices can make a huge difference. For example, a polyester shirt has more than double the carbon footprint of a cotton one (5.5kg vs 2.1kg)."**

*Reference:* UK Parliament

*Link:*

<https://publications.parliament.uk/pa/cm201719/cmselect/cmenvaud/1952/full-report.html>

**"A pair of Levi's 501 jeans have a lifecycle carbon footprint of 33.4kg, for example."**

*Reference:* BBC

*Link:*

<https://www.bbc.com/future/article/20200310-sustainable-fashion-how-to-buy-clothes-good-for-the-climate>

**"Getting the train to Paris means 90% less carbon emissions per person than flying, according to Eurostar. Win!"**

*Reference:* Eurostar

*Link:* <https://www.eurostar-treadlightly.com/en/environment.php>

**"In Barbados, for example, a massive 48% of the total energy use from hotels comes from the air-con. So turn yours off when you're not using the room, or even opt for using the fan instead."**

*Reference:* Sustainable Travel International

*Link:* <https://sustainabletravel.org/issues/carbon-footprint-tourism/>

**"In small island states in the Pacific Islands, it's estimated that 80% of food for the tourism industry is shipped or flown in"**

*Reference:* Sustainable Travel International

*Link:* <https://sustainabletravel.org/issues/carbon-footprint-tourism/>

**"The world's largest 35 banks (including some household names) have put £2 trillion into companies involved in fossil fuels since the Paris Agreement." & "The world's pension funds add up to £34 trillion"**

*Reference:* BBC

*Link:*

<https://www.bbc.com/future/article/20210126-how-you-invest-your-money-can-help-tackle-climate-change>