What is a Carbon Footprint? Why does it Matter?

Whenever we use our phones, computers, switch on the lights & heat our homes we use energy. Most of the energy we use – electricity, gas and petrol- comes from fossil fuels, such as coal and gas, that are mined from the ground. When these are used to make energy, they release greenhouse gases that are harmful to our planet. The most common greenhouse gas is CO₂ though there are a set of other gases that also harm our environment.

A Carbon Footprint is a measure of the amount of greenhouse gases that we cause and is measured in units of tonnes of CO₂ (carbon dioxide).

Did You Know? The average carbon footprint of a person in the UK is 6.5 tonnes. What’s your family’s? Try calculating at: www.carbonfootprint.com/calculator.aspx

Why we Need to Reduce our Carbon Footprint...

Greenhouse gases trap heat into our planet’s air making it hotter. This process is called global warming. But this doesn’t mean we get nicer summers! When the air heats up it has more energy. When the air has more energy, it causes more hurricanes, tornadoes and other extreme weather conditions. It also causes the loss of natural habitats for many species of animals and plants, leading to loss of biodiversity. If we don’t reduce the rate of global warming, our planet may never recover from this damage.

How you can Help?

Make a plan – follow our EcoHero Actions Worksheet and make the changes in your home – it’s easy.