



How can i reduce  
my ecological  
footprint?

# Carbon footprint

The ecological footprint calculates how much surface we use with our style of life. If more than what is made available to all the inhabitants of the Earth, we over-exploit our planet: too much is fished in the seas, forests are cleared and fields cultivated become less and less fertile.

We endanger the health of the our planet and all living beings. The goal must therefore be that of living in such a way as not to over-exploit limited resources. With a sustainable lifestyle we take away from nature only so much how much it can reproduce.



# Our footprint too big

The world population is continuously increasing, but the our planet does not grow. The surface available for every citizen of this planet therefore becomes smaller and smaller. At the same time, for the most part.

The ecological footprint of countries is also growing. On a global scale, the ecological footprint of being human is therefore too big.



# Food

The choice of our diet has a direct influence on our ecological footprint: products animals such as meat, eggs and cheese use the greater amount of resources. What can we do?

Eat meat a maximum of three times a week, prefer seasonal vegetables and fruit and buy local products. Finally, products are recommended organic food, since the ecological balance of agriculture in harmony with nature has given significantly better results than traditional agriculture.



# Reduction of personal mobility

Do not drive when there is an alternative! If you can walk or cycle, or take public transport whenever possible... why not do it? Not owning a car lowers your ecological footprint by 20 percent. A 2011 study carried out by the European Cycling Federation showed that a citizen on a bicycle emits 10 times less carbon dioxide than one who travels by car and 5 times less than one who travels on a bus.

If you really need a car, get a small one and drive a little! Many, among other things, forget that it is the smaller engines that are more reliable and efficient.





# Home

- It is important to install energy-saving lamps in the house. Make sure that the walls and ceilings of the house are insulated, without forgetting the use of double glazing.
- Choose energy-efficient appliances
- Choose second-hand, recycled or sustainably produced furniture and use household cleaning products that are non-toxic and biodegradable.
- Unplug electronic devices when not in use\



# What else?

Buy less! We often throw things away too easily, when instead we could give them a second life by having them repaired. And if you really need to buy, then let's do it locally, avoiding long shipping and transportation.

Recycle as much as possible! Paper, glass, aluminum, plastic and electronics.

