

LIST OF LOW-CARBON LIFESTYLE OPTIONS:

HOW YOU CAN MOVE TOWARDS 1.5° LIVING



NUTRITION



○ Avoid food waste at home

By avoiding food waste, you reduce the amount of energy that is used and the CO₂e associated with the food supply chain, from production to waste management.

○ Drink tap water in place of bottled water

By drinking tap water, you can reduce the CO₂e associated with bottling, packing, and transport.

○ Drink tap water instead of manufactured drinks

By drinking tap water, you can reduce CO₂e associated with the growing of plants (e.g. coffee beans) and in the production & transport of the final products.

○ Reduce animal-based products in your diet

By eating less meat, fish, eggs, cheese and other dairy products, you reduce the greenhouse gas emissions from animal production (e.g. for growing feed, as well as the digestive gases from animals).

○ Switch to a vegan diet

By stopping eating meat, fish, eggs, cheese and other dairy products, you avoid the greenhouse gas emissions associated with animal production, such as growing feed, or the digestive gases from animals.

○ Switch to a vegetarian diet and eat no more meat or fish

By stopping eating meat and fish, you reduce the greenhouse gas emissions from meat production.

○ Eat only organic vegetables and fruit

By only eating organic vegetables and fruits, you avoid the greenhouse gas emissions associated with pesticides and artificial fertilizers.

○ Eat only seasonal vegetables and fruit

By eating seasonal fruits and vegetables you avoid greenhouse gas emissions associated with greenhouse usage.

○ Eat only as much food as you need to stay healthy

By stopping overeating, you reduce the greenhouse gas emissions associated with food production.

○ Replace red meat with white meat

By replacing beef or pork with chicken or fish, you lessen greenhouse gas emissions (the production of white meat is associated with less greenhouse gas emissions than red meat production).



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MOBILITY



○ Switch to using a smaller car

By choosing a smaller car that consumes less fuel, you can reduce your fuel emissions. When buying your next car, choose a car that consumes less for your driving.

○ Carpool

By offering rides to people who need them, or by taking rides with people that offer them, you can reduce the amount of emissions per person. Sharing a ride is more space- and cost-efficient.

○ Switch from using a conventional car to an electric car

By switching your combustion engine car for an electric car when you buy your next one, you can reduce your emissions. The lifecycle emissions of an electric car are lower, despite the greater manufacturing footprint.

○ Give up your car and walk or cycle instead

By giving up your car and replacing 10-50* kilometres per day by walking or cycling, you can significantly reduce your carbon footprint. Walking and cycling are the most climate-friendly mobility modes.

*In the EU 1.5° Lifestyles project we quantified different distances for different countries, resulting in bigger or smaller CO₂ savings.

○ Replace your car with the use of public transport

By giving up your car and replacing it with the use of public transport such as trains and buses, you can reduce your emissions effectively.

○ When moving house, move closer to your workplace

By moving closer to your workplace, you will commute less each week. After the initial big step, your emissions will be reduced.

○ Favour working at a home office

By favouring remote work, you will commute less every remote-working day. Teleworking reduces the need to travel to the workplace and hence your transport-related emissions.

○ Replace your car by using a car-sharing service

By giving up your car and taking up a car-sharing service you can reduce your share of emissions, as fewer cars will need to be manufactured.

○ Replace your SUV with a less CO₂-intensive car

By replacing your current large-sized car with a less carbon-intensive one, your car's fuel consumption will be reduced and hence your emissions.



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HOUSING



- **Repair your ICT products and use them for longer**
By repairing your broken devices and extending their lifespan, the emissions associated with the production of new ones will be avoided.
- **Use second-hand ICT devices and pass old ones on**
By using second-hand ICT and passing on devices you no longer use, the emissions associated with manufacturing new ones can be avoided.
- **Buy environmentally certified ICT products**
By buying environmentally certified ICT products (e.g. those with the EU Ecolabel), you will reduce the emissions associated with the production and use phase.

- **Lower the room temperature of your home**
By lowering the temperature of your home by 2 °C you can effectively reduce heating energy consumption. Make it a habit to wear more clothes indoors during the colder seasons.
- **Save hot water**
By saving hot water (using less, and lowering the outflow temperature by 2 °C) you can cut down on the energy required for heating water, and hence reduce your emissions.
- **Install efficient lighting**
By installing LED light bulbs you can reduce your electricity consumption and hence emissions.
- **Switch to using energy efficient household devices**
By replacing old and energy-intensive appliances with very energy-efficient ones you reduce the emissions associated with electricity.
- **Give up one big household device, such as a dryer**
By giving up one high-consumption device, such as your dryer when it gets old, you can save energy and materials.
- **Share a household device with your neighbours**
By sharing one high-consumption device, such as a washing machine, you can reduce the use of energy and materials.
- **Choose shared housing**
By using less living space per person you can heat more efficiently and reduce electricity use, avoiding emissions from energy.
- **Give up excess square meters**
By renting out a part of your house, moving to a smaller house, or giving up a second residence, you reduce your personal living space. This reduces the share of energy you use and hence your emissions.

- **Insulate your house**
By insulating walls and roofs and renovating old windows and doors, you can reduce the heating energy you need. Identify where heat is escaping from your detached house and seal the leaks.
- **Reduce energy use by monitoring your consumption**
By monitoring energy use with domestic devices (i.e. with meters, smart home devices, etc.), you can make your home more energy efficient. This can reduce your energy emissions.
- **Replace your heating system with a heat pump**
By updating your heating system from an oil or gas boiler to a ground or air-source heat pump, you can effectively reduce your heating emissions from fossil fuel burning.
- **Replace your heating system with a biomass boiler**
By updating your heating system from an oil or gas boiler to a biomass boiler, and burning wood material, you can effectively reduce your heating emissions from fossil fuel burning.
- **Switch to renewable electricity**
By choosing any renewable grid electricity option instead of fossil energy, you will reduce your emissions. Hydro, wind, biomass, solar and geothermal energy are all carbon neutral.
- **Install a solar thermal system**
By using the sun's energy to heat your water, you can effectively reduce your heating-energy-related emissions. A solar collector collects heat efficiently.
- **Install your own solar panels**
By installing your own solar panels, you will replace grid electricity with carbon-neutral energy you produce at home. This reduces your electricity emissions.



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LEISURE



- **Get a small(er) pet, if you get a new one**

By switching from owning a large pet to a smaller dog or a cat, you reduce your carbon footprint as your pet will eat less.

- **Buy pet food with a smaller carbon footprint**

Pet food based on poultry and occasionally pig is better for the climate than cattle-based feed.

- **Go on vacation by train instead of plane**

By giving up flying and choosing the train instead, you can significantly reduce your carbon footprint.

- **Reduce the driving associated with your holidays**

Travelling less by car for or during holidays reduces your carbon footprint.

- **Fly less for leisure and holidays**

Flying fewer hours per year significantly reduces your carbon footprint. Flying has a big impact on your greenhouse gas emissions.

- **Buy fewer clothes and shoes**

By buying fewer new clothes and shoes you can save CO₂e. Shoe and textile production consumes lots of energy and water.

- **Drive less for your hobbies and leisure**

By reducing your car or motorcycle trips by 10-200 kilometres a week you will reduce emissions. Instead of traveling further for hobbies, shopping, and weekend trips, you can explore local possibilities.*

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OTHER

- **Make only ecological and ethical personal investments into green financial options**

By investing in green (climate-friendly, ecological-ethical) finance you will help reduce emissions, as these investments will not contribute to activities that damage the climate and environment.

- **Reduce your working hours and your spending on goods**

By working less and reducing your income, you will have less excess money to spend on high-carbon goods such as electronics or textiles, thereby reducing your carbon footprint.

- **Spend more money on non-consumptive activities instead of buying goods**

By spending less money on goods (like textiles and electronics) and maximising non-materialist satisfaction (like participating in education and having experiences, such as going on a hike), you reduce your carbon footprint.

- **Donate money to environmental causes or organisations**

By donating a part of your income to environmental causes or organisations, you will spend less on high-carbon goods. This will reduce your carbon footprint.



Disclaimer: This document assembles the option list we are currently analysing and working with. Please note that the list of options may still be subject to changes during the course of the project. The current option list includes options with different levels of impact for CO₂e reductions in households. The degree of impact will be communicated in the coming months. Stay tuned!

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