

List of Things that Causes CO₂ Emission

Machines that are turned on and use energy.

- Washing machines
- Dishwashers
- Lamps
- Computers
- Telephones and iPads
- TVs
- Radios
- Ovens
- Stoves
- Kettles
- Microwave ovens

Warming in houses. *The energy used to make our houses warm often comes from fossil fuels.*

- Hot water in radiators (extra energy is lost if you open the windows without turning off the radiator)
- Hot water in taps
- Hot water in showers

Buying new things. *A lot of energy is spent on producing new things because the factories use big machines and because all the goods are transported back and forth between the producers and the stores. It saves a lot of energy to buy local or used things.*

- Buying electrical products
- Buying clothes, bags, shoes and makeup
- Buying new things to decorate your house
- Buying toys and other things only used shortly

Transport. *It costs energy to transport people and their things. Cars and planes are big machines. They are heavy and move with high speed which requires loads of energy. Planes are worse than any other form of transportation because a lot of fuel is needed for a gigantic machine to be lifted up in the air.*

- Transport to work and school
- Transport to sports and other free time activities
- Transport to family and friends
- Transport on vacation

Food. *It is CO₂ costly to produce food because the farmers use big machines and because natural areas with organisms that take up the CO₂ are removed to make room for fields. Meat production emits around 5 times more CO₂ because the animals eat the greens and live on them instead of using the vegetables for human food directly. If you buy fresh food from other countries far away, energy is also used to fuel the transportation.*

- Eating vegetables and fruit
- Eating pasta, bread, rice and bread
- Eating dairy products
- Eating meat
- Eating candy and drinking sodas