

Appendix 1

Which of the 11 lifestyle choices on the cards would reduce your carbon footprint the most?

Low Impact

Moderate Impact

High Impact

| | | |
|---------------------------------|-------------------------------------|---|
| Upgrade lightbulbs | Hang-dry clothes | Recycle |
| Wash clothes in cold water | Replace typical car with hybrid car | Eat a plant-based diet |
| Switch electric car to car-free | Buy green energy | Avoid one round-trip transatlantic flight |
| Live car free | Have one fewer child | |