

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	