



How to Reduce Your Carbon Footprint from Household Energy Consumption

A set of educational resources



Introduction

Dear Parents,

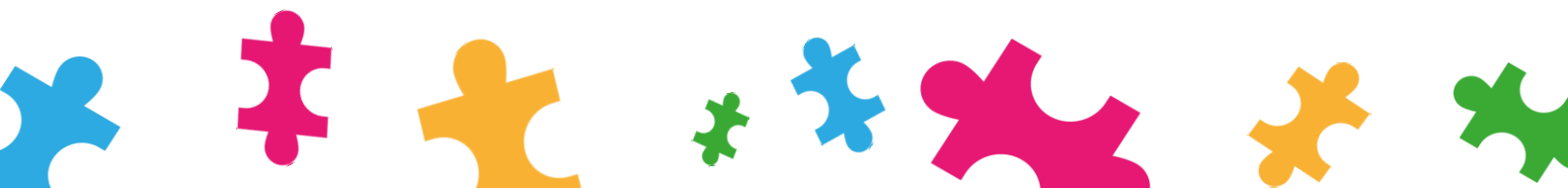
You take care of your children, and you also teach them important skills for life. You are role models for them, and you shape their personality. Your role in their lives is irreplaceable and crucial.

The ecology and future of our planet Earth is a more important topic for young people than it has been in your lives, during your childhood and adolescence. As parents, you should keep up with your children. Planet Earth is the only planet we have for life and is common to all people. We bring you educational tools for parents that include short educational videos, household exercises, and tips for parents in the field of ecology.

The topic of this set of educational resources is How to Reduce Your Carbon Footprint from Household Energy Consumption. You can learn about this topic. You have a chance to find out what ecological and educational activities you can do with your children and how your family can further reduce the negative impact on our planet

Educational Video

You can find a video on How to Reduce the Carbon Footprint from Household Energy Consumption at the following link: <https://youtu.be/FA50M4ZuclY>



Household Exercise

Topic Addressed (1 of the 12): 9. How to Reduce Your Carbon Footprint from Household Energy Consumption			
Exercise Title	Make your home eco-friendly		
Duration of Exercise (in minutes)	A few days	Materials Needed	Internet, a mobile phone
Introduction	Reduce your home carbon footprint.		
Step-by-step instructions	<p>Step 0: You can start with calculating your carbon emissions from your house. There are many verified links on the Internet.</p> <p>Step 1: Explore what renewable energy sources are available where you live, for example, geothermal energy.</p> <p>Step 2: Sign up to get your electricity from clean energy through your local utility or a certified renewable energy provider.</p> <p>Step 3: Change incandescent light bulbs (which waste 90 per cent of their energy as heat) to light-emitting diodes (LEDs). LEDs use a quarter of the energy and last up to 25 times longer. They are also preferable to compact fluorescent lamp (CFL) bulbs, which emit 80 per cent of their energy as heat and contain mercury.</p> <p>Turn off the lights. Powering empty rooms is a huge energy drain. By making sure you turn off lights when they're not in use, you can make sure you're not wasting power. You could also request to install automatic, movement-sensing lights.</p> <p>Step 4: Switch off electronic devices You can reduce your carbon footprint by keeping electronic devices turned off and unplugged when they're not in use.</p> <p>Step 5: Use less water It takes energy and resources to process and deliver water to our homes. What's more, it's also quite energy-intensive to heat it once it's there. So, by using less water, you can help the environment and lower your carbon footprint. Try turning off the taps when brushing your teeth, having short showers rather than baths, and only boiling the water you need.</p> <p>Step 6: Installing a low-flow showerhead to reduce hot water use can save 159 kilos of CO₂. Taking shorter showers helps too.</p>		

Tips for Parents

Tip 1. Do an energy audit.

Do the energy audit of your home. The audit will show how you use or waste energy and helps identify ways to be more energy-efficient.

Tip 2. Use renewable Energy.

Renewable energy harnesses the power of the wind, sun, water, tides and other planetary resources (like geothermal heat, which comes from the Earth's core) to produce electric power. Agricultural "biomass" products also can be used to generate electricity and heat. Renewables generate electricity without producing greenhouse gases—or producing very little when compared to traditional energy sources.

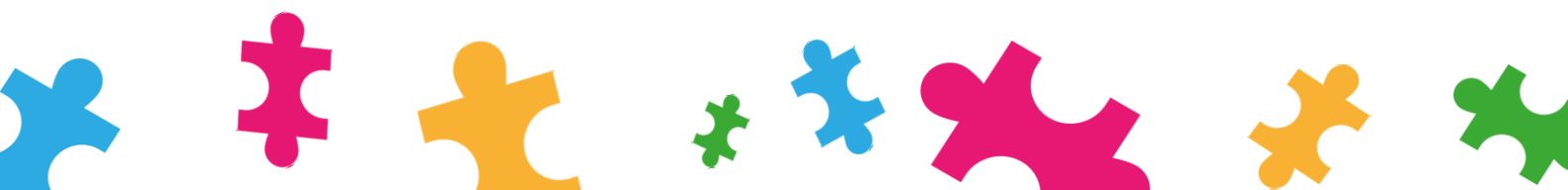
Tip 3. Insulate your home.

Heating your living space can be an expensive and energy-intensive process. By insulating places like your loft and walls, you can make sure your home retains heat during the winter and stays cool in summer. It means you'll use less energy, reducing your carbon footprint and your household bills.

Tip 4. Wash less and use clothes dryer less often.

Depending on how you do it, and how many loads you get through each week, laundry can contribute a surprising amount to your carbon footprint. Washing and drying a load every two days creates around 440kg of CO₂ each year. One calculation from the cleaning institute, using Energy Star data, estimated that a household could cut its emissions by 392kg / 864 pounds of carbon per year by washing four out of five loads in cold water. Cold water also means fabrics won't break down as much. That could reduce the amount of microplastics getting into the environment. The best thing you can do to reduce energy consumption is to take full advantage of the high-speed spin cycle on your washing machine. That means less water needs to be evaporated off.

Another big issue is dryers. Dryers often use five to 10 times more power than a washing machine. There are more energy-efficient alternatives. Heat-pump dryers, for example, recycle hot air so the machine's heating unit doesn't have to work as hard. Of course, the most efficient drying method requires almost no energy; just enough to haul your basket to a rack or clothesline.



GRETA

Challenge-based Learning in Primary Schools for Climate Change Awareness



Istituto Comprensivo "Don Milani" di Lanciano



Co-funded by the
Erasmus+ Programme
of the European Union

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

Project Number: 2020-1-EL01-KA201-078808