

What about our own carbon footprint?

There are many online carbon footprint calculators available we can use to assess our lifestyle choices. Two that we have tried are:



Climatestewards.org which provides quite a complex tool for those of us who like number crunching and inputting data!

The World Wildlife Fund footprint calculator is a more user-friendly tool, providing a starting point to help us think about some of the lifestyle choices we make and their impact on the environment

footprint.wwf.org.uk

The Benefice Eco Team encourage you to try using one of these. The results may surprise you!

Is there one small change you might consider making in 2026 to reduce your carbon footprint??

City of York Recycling Update

Toothpaste tubes anmilk/juice cartons can now be recycled in your kerbside recycling box



Fill us with reverence for the earth and all its inhabitants. Inspire us to act as faithful stewards of Your creation, working to sustain and restore the World we share.

Amen

Source Christian Aid

Challenge Yourself!



3 tbsp rice

1 serving
75g chicken



Dairy based latte



1 apple



1 pint beer



1 glass wine



1 serving 75g pasta



Cup of coffee



1 potato

1 serving
75g Beef



45g serving
lentils or pulses

What do you know about the carbon footprint of these common items?

Try placing them in order, lowest to highest

Answers below

How can we reduce our carbon footprint?

Many of us will be doing some of these things already. Collectively, small changes can bring benefits for our environment and demonstrate our commitment to caring for the wonderful creation that God has entrusted to us.

Lower our energy and water consumption.

Shop locally – avoid food miles.

Use public transport instead of the car.

Avoid plastic packaging where possible particularly single use plastic, .

Try swapping a meat-based meal for a plant-based alternative

For more ideas visit energysaving.trust.org.uk

Carbon footprint answers : Lowest to highest CO2

Lentils and pulses	1g
Apple and potato	40g
Cup of coffee	50g
Pasta 75g serving	117g
Glass of wine	300g
Rice 3 tbsp	330g
Latte	350g
Pint of beer	665g
Chicken 75g serving	1360g
Beef 75g serving	7700g

Source: Clever carbon

The carbon footprint of items will differ due to many factors. The data used is meant to give a "sense" of scale among different items. The production of meat and dairy products is one of the major causes of greenhouse gas emissions.

Try to buy local, seasonally available products to reduce emissions from transporting food and goods across the world.