

Carbon Footprint



This fact sheet has been developed by the Walsall Energy Action Project to give a better understanding of what a Carbon Footprint is, and things we can do in our day to day lives to reduce our footprint on the planet. For more information please visit one of our partner community hubs, where you can find help and support and access one of our libraries of inspiration.

What is a Carbon Footprint?

A carbon footprint is a simple way of showing the amount of emissions something or someone produces.

As Carbon dioxide is the most common of the greenhouse gases and so we can compare 'apples with apples', the emissions from all the items and services that we use and consume, are converted to carbon dioxide equivalent.

Your personal carbon footprint is the total greenhouse gases released in the production and consumption of all the goods and services you use, wherever in the world they are produced.

It's your impression from your actions on the planet.

Your footprint!



What makes up your Carbon Footprint?

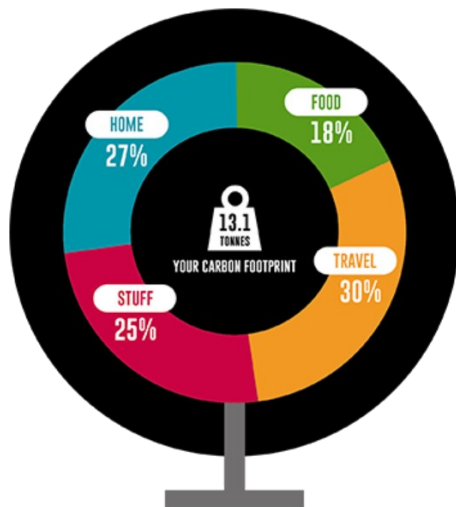


Illustration of a typical carbon footprint of someone in the UK.
Image courtesy of WWF. ⁽¹⁾

It's important to understand what makes our footprint and consider the actions and choices we can make. Even small actions add up to large changes.

The image to the left is an example of what makes up the typical carbon footprint of someone in the UK.

So when we are considering what and how we can reduce our footprint we need to consider all areas in what we do. How we heat and power **our homes**, how we **travel**, the things we **buy** and the **food** we eat.

If you're interested in learning about what your estimated carbon footprint is the WWF have a really informative carbon footprint calculator that estimates your footprint. It also includes many tips and things we can do to reduce our personal footprint.

You can find it here: footprint.wwf.org.uk

Consumption (stuff)

Did you know if everyone on the planet lived like the average UK resident, we would need **2.6 planets** to meet all of the resources we consume. ⁽²⁾

In 2022 the UK generated **25.7 million** tonnes of household **waste**, over half of which ended up in **landfill**. ⁽³⁾



Travel

How we travel can contribute to a large percentage of our carbon footprint. The first question to ask when thinking about travelling is can I avoid making the journey in the first place? Could it be done remotely, online or via a call?

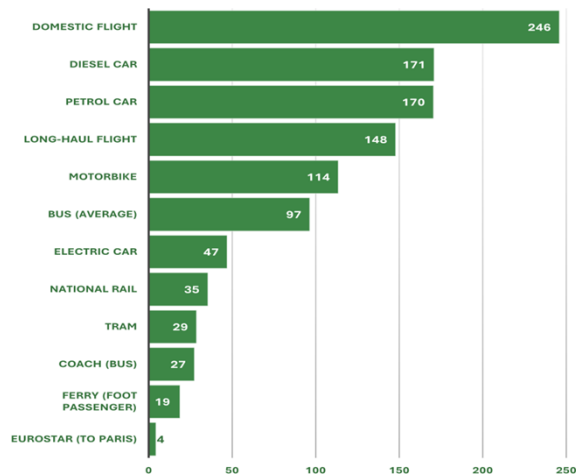
When a journey has to be made the next thing to consider, is it feasible to **walk, cycle or wheel** for your journey? This can be the most carbon footprint friendly method of transport. It can also have additional health benefits, by increasing exercise and cardiovascular activity.

If active travel is not an option then considering **public transport** should be the next consideration.

Sometimes we have to travel by car or plane due to circumstance, but its important to know the impact of our choices so we can make the best decision we can when we travel.

Carbon footprint of travel per km

The carbon footprint of travel is measured in grams of carbon dioxide-equivalents per passenger kilometer.



Data source: UK Government, Department for Energy Security and Net Zero (2022) ourworldindata.org/grapher/carbon-footprint-travel-mode⁽⁴⁾

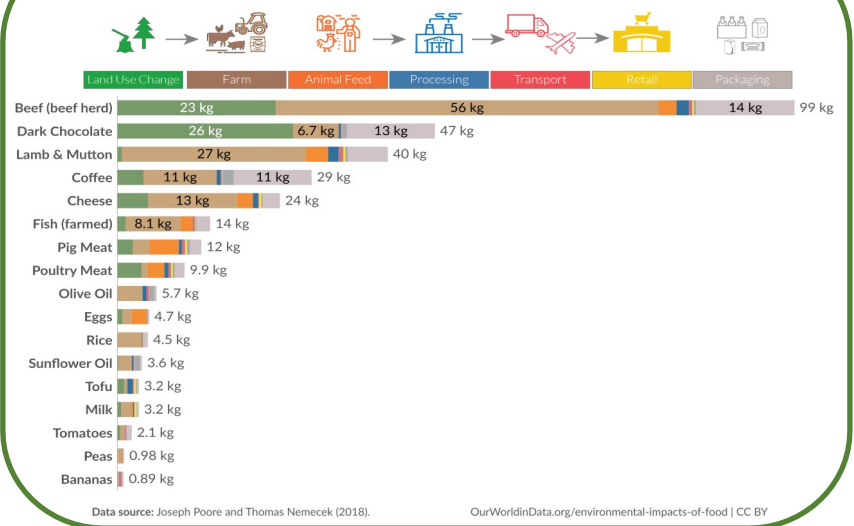
Food

The food we eat has an impact, and some are more intensive than others. By choosing to reduce certain food types, or choosing to eat more **seasonal** fruit and vegetables can make not only carbon reductions, but have **health benefits**.

Its not just the food we eat that has an impact, its also the food we don't eat and throw away.

Its estimated the UK wasted on average **95kg** of food per person between 2021 and 2022. This adds up to **18 million tonnes** of Carbon Dioxide in one year. ⁽⁵⁾

Food: greenhouse gas emissions across the supply chain ⁽⁶⁾



Data source: Joseph Poore and Thomas Nemecek (2018).

OurWorldinData.org/environmental-impacts-of-food | CC BY

Find out more

Our aim at for the WEAP is to build a sustainable, climate-resilient and net-zero Walsall **together**. We are offering free 1-2-1 Energy and Climate Advice sessions and free Home Energy Advice visits.

If you would like to find out more about ways you can reduce your carbon footprint and save energy at home, please contact your nearest partner hub below.

WEAP Partner Community Hubs

Ryecroft Community Hub, WS3 1TR

Darlaston All Active, WS10 8AA

Aaina Community Hub, WS1 3BS

Nash Dom CIC, WS1 4AL

Brownhills Community Association, WS8 7JS

Bloxwich Library / Launchpad, WS3 2DA

Tel: **01922 626693**

Tel: **0121 568 6144**

Tel: **01922 644006**

Tel: **01922 616444**

Tel: **01543 452119**

weap@walsall.gov.uk

Sources

1. WWF, [footprint.wwf.org.uk](https://www.footprint.wwf.org.uk)
2. overshoot.footprintnetwork.org/how-many-earths-or-countries-do-we-need/
3. UK statistics on waste, UK Gov. 2024. www.gov.uk/government/statistics/uk-waste-data/uk-statistics-on-waste
4. Hannah Ritchie (2023) - "Which form of transport has the smallest carbon footprint?" Published online at OurWorldinData.org. Retrieved from: <https://ourworldindata.org/travel-carbon-footprint> [Online Resource]
5. Food waste in the UK. Commons Library Research Briefing, 12 April 2024 researchbriefings.files.parliament.uk/documents/CBP-7552/CBP-7552.pdf p.6
6. Hannah Ritchie (2020) - "You want to reduce the carbon footprint of your food? Focus on what you eat, not whether your food is local" Published online at OurWorldinData.org. Retrieved from: <https://ourworldindata.org/food-choice-vs-eating-local> [Online Resource]