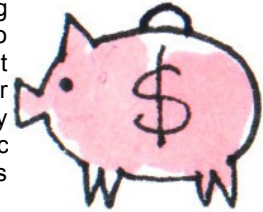


Title: _____

Whenever you turn on a light, use the microwave or drive a car, you are releasing greenhouse gases into the Earth's atmosphere. This is because most of the energy required to power these objects comes from the burning of fossil fuels. By using more energy-efficient appliances you can use less energy to do the same things, save money and reduce your greenhouse gas emissions at the same time. Many measures need none or little upfront money (e.g. installing energy-efficient light bulbs), but others need more (e.g. replacing an electric water heater with a solar water heater). Even though there will be some time before the savings overtake the initial cost, the final payback is worth the investment. [...]



Another surprising fact is that by simply eating less red meat, we can each save a lot of greenhouse gases. Going completely vegan can save more greenhouse gases than using a hybrid electric car. The reason is that livestock belch out methane and nitrous oxide (both potent greenhouse gases). Large quantities of energy are also required for food processing and to grow feed crops. The table below shows the amount of carbon dioxide (Kg) that is emitted per kilogram of food.

Type of Food (1 Kg)	CO2 Emitted (Kg)
Fresh local fruit and vegetables	0.6
Dried fruit and nuts	2.4
Chicken	3.5
Beef and Cheeses	12.0

[...] What impact does a cheeseburger have on the planet? Jamais Cascio (co-founder of www.worldchanging.com) calculated that every time you buy a cheeseburger from a fast food outlet, you are emitting anywhere between 3.6 Kg and 6.1 Kg of CO2. This is due to all the processes that were involved to get the burger in front of you (clearing the land for the cattle, growing the feed for the cattle, storing and transporting the components as well as cooking and packaging). In America, the greenhouse gas emissions arising every year from the production and consumption of cheeseburgers is roughly the amount emitted by 13 million SUVs (Sport Utility Vehicles). Cascio's calculations show us that every action we take (even the smallest ones) can have unexpectedly profound consequences.

Source: <http://live-the-solution.com/> (adapted & abridged)