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Envisioning the Change

**SUSTAINABILITY SWIPE**

# Carbon Footprint in Everyday Life

Everything we do, from eating breakfast to getting to work, leaves a carbon footprint.

**But small daily choices can shrink it. Here's how.**



# What is a Carbon Footprint?

It's the total greenhouse gases (like CO<sub>2</sub>) released because of our activities, measured in kilograms or tons of CO<sub>2</sub> equivalent.

**In Nepal, our growing energy use, transport needs, and waste habits all add to it.**





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# How You Get Around Matters

Every kilometer you travel leaves a mark.

- Riding solo in a petrol car? Big footprint.
- Sharing a ride or taking the bus? Smaller footprint.
- Walking, cycling, or going electric? Almost no footprint.

**Even swapping just one trip a week can save kilograms of CO<sub>2</sub>.**



## What's on Your Plate Counts

Food travels too — and so does its carbon cost.

- Imported meat & packaged snacks? Big footprint.
- Seasonal, local vegetables & grains? Smaller footprint.
- Plant-based meals with local produce? Almost no footprint.

**Shorter food journeys mean fresher meals and fewer emissions.**



# Your Power Use Shapes Your Footprint

Energy choices matter at home and work.

- Old bulbs & always-on electronics? Big footprint.
- LED bulbs & unplugged chargers? Smaller footprint.
- Solar-powered & energy-efficient appliances? Almost no footprint.

**Cutting energy waste cuts emissions, and your electricity bill.**

**Spread awareness — share what you've learned!**

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