



ALEX. CARBON FOOTPRINT

9.2 t → 2.4 t

Option	Impact (kg)
Living	
2019 Lower temperature at home (-2°C)	230
2019 Buy a solar collector	90
2020 Lower temperature at empty spaces (3m ² /-5°C)	30
2020 Buy wind-based electricity	340
2022 When you move, move to a smaller apartment (-10m ²)	990
2022 Renewable wind-based heating energy	1,130
2023 Use microwave oven, kettle or induction stove for cooking	<1
2023 Turn devices on & off with an extension core switch	<1
2025 Dry laundry outside (5 months/yr)	<10
2025 Wash full loads of laundry (-1 washing/week)	<10
2025 Use common facilities at your housing company (3m ² smaller apartment)	110
2027 Rent a guest room to a tourist (-10m ² /3 weeks)	20
Food	
2019 3 vegetarian days per week (12 months)	110
2019 Use one plate approach	120
2019 Switch red meat to chicken or fish (12 months)	200
2020 Only make as much coffee as needed (-1 cup/day)	150
2021 Drink water instead of milk (3 months/yr)	30
2021 Buy "ugly" fruits and vegetables	<10
2022 Buy discount products close to best-before date (3 kg/week)	70
2023 Make food from leftovers (1 meal/week)	30
Daily & Leisure related travel	
2019 Share rides when you travel (100 km/month)	110
2020 Less flying (-5h/yr)	1,000
2021 Use public transportation (250 km/month)	300
2022 Find hobbies close to home (-100 km/month)	150
2023 Rent of use shared car for occasional needs (2 days/month)	40
2024 Use Mobility as a Service (MaaS)	580
2025 Telework	140
Other	
2025 It's a lending day! Share and lend you household goods	<10
2025 Buy clothes made out of recycled materials (50%)	230
2026 Stay at home accommodation (2 nights/yr)	40
2027 Repair good products	130
2027 Rent your summer cottage (40 days/yr)	320
2028 Give only useful gifts	100





HENRIK. CARBON FOOTPRINT

13.7 t → 2.9 t

Option	Impact (kg)
Living	
2019 Use microwave oven, kettle or induction stove for cooking	<1
2019 Wash clothes less often	<10
2019 Wash your clothes and dishes at lower temperatures (2 washing/week)	<10
2020 Wash full loads of laundry (-2 washing/week)	<10
2020 Take good care of your fridge & freezer	<1
2020 Lower temperature at home (-2°C)	290
2020 Turn devices on & off with an extension core switch	<1
2020 Change to LED lamps	<1
2021 Lower temperature at empty spaces (3m2/-5°C)	50
2021 Buy renewable wind-based heating energy	2,320
2021 One less sauna time per week	<1
2022 Instal water meter and monitor your water consumption	<10
2023 Buy energy efficient appliances (1 appliance/yr)	<10
2023 Use curtain and blinds for heating & cooling	<1
2024 Use bathroom heating moderately (5m2/ -2°C)	<1
2024 Dry your laundry outside (5 months/yr)	<10
2027 Buy a solar collector	20
Food	
2019 Choose local food at stores and marketplaces (12 months/yr)	300
2019 Choose local fish (12 months/yr)	20
2019 Choose organic food (12 months/yr)	100
2019 Switch to plant-based milk products (12 months/yr)	60
2020 Only make as much coffee as needed (-1 cup/day)	230
2020 Follow your shopping list	30
2021 Choose potatoes and barley instead of rice (12 months/yr)	10
2022 Spend a year as a vegetarian	380
Daily & Leisure related travel	
2019 Try out electric bicycle (200km/month)	320
2019 Telework (20km/week)	110
2020 Order groceries delivered to your home	70
2021 Choose an electric car (20,000 km/yr)	1,320
2022 Find hobbies close to home (-100km/week)	470
2023 Travel less often but for a longer time (-20 hours of flying)	2,380
2026 Make your car available for shared use (4 days/month)	20
2027 Take a train for holiday instead of flying to Europe	760
Other	
2019 Sort waste for recycling	60
2019 Add "no advertisement, please" sign to your front door	10
2019 Favour responsible service providers	60
2020 Use detergent carefully (2 times/week)	10
2020 Lower temperature at an empty summer cottage	720
2021 KonMari your home	370
2022 Buy recycled products (25%)	130
2023 Repair good products	30
2023 Give a useful gift	100

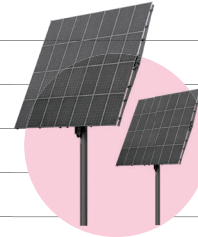




TAINA. CARBON FOOTPRINT

9.9 t → 3.4 t

	Option	Impact (kg)
Living		
2019	Buy energy efficient appliances (1 appliance/yr)	30
2019	Lower temperature at home (-2°C)	250
2020	Check your window seals	110
2020	Change to LED lamps	20
2025	Use microwave oven, kettle or induction stove for cooking	10
2025	Use bathroom heating moderately (5m ² , -2°C)	20
2027	Start producing energy with solar panels	610
2030	Choose geothermal heating	1,300
Food		
2019	Only make as much coffee as you need (-1 cup/person/day)	530
2020	Switch from red meat to fish or chicken (12 months)	330
2020	Drink water instead of milk (12 months/yr)	100
2022	Buy "ugly" fruits and vegetables	<10
2022	Make food from leftovers	80
2022	Choose local fish (12 months)	20
2022	Choose local food (3 months/yr)	70
2022	Buy discount products close to best-before date (3 kg/week)	70
2024	3 vegetarian days per week (12 months)	420
2025	20% of the content of meat and dairy products are replaced with plant based.	240
Daily & Leisure related travel		
2019	Try out electric bicycle (50km/week)	110
2020	Take the train for holiday trips (1,000 km/yr)	1,000
2021	Make your car available for shared use (4 days/month)	300
2022	Choose biofuel car	150
2023	Find hobbies close to your home (-25 km/week)	40
Other		
2019	Sort waste for recycling	90
2019	Give only useful gifts	100
2019	Buy recycled products (25%)	20
2020	Visit the library (1 book/month)	<10
2020	Add "no advertisement, please" sign on your front door	50
2027	Summer cottage electricity consumption replaced with solar based electricity	170
2027	KonMari your home	120





HILMA. CARBON FOOTPRINT

6.6 t → 2.0 t

Option	Impact (kg)
Living	
2019 Lower temperature at home (-2°C)	180
2019 Turn devices on & off with an extension core switch	<10
2019 Wash full loads of laundry (-1 washing/week)	120
2030 Use curtain and blinds for heating & cooling	20
2030 Wash clothes less often	40
2019 Wash your clothes and dishes at lower temperatures (1 washing/week)	<10
2020 Use microwave oven, kettle or induction stove for cooking	<10
2020 Wash your clothes and dishes at lower temperatures (1 washing/week)	20
2021 Change to LED lamps	<10
2021 Lower temperature at empty spaces (3m2/-5°C)	30
2021 Take good care of your fridge & freezer	<10
2022 Check your window seals	80
2023 Buy energy efficient appliances (2 appliances/yr)	20
2023 One less sauna time per week	90
2025 Start using a heat pump (10m2/person)	200
2025 Instal water meter and monitor your water consumption	70
2026 Rent a guest room to a tourist (-10m2/3 week/yr)	40
2026 Buy a solar collector (5m2/person)	690
2027 Buy wind based electricity (1,000 kWh/yr)	100
2028 When you build a house, build a energy efficiency "class A" wooden house (shared housing, 12m2 smaller apartment)	250
2029 Start producing energy with solar panels	<10
Food	
2019 Drink water instead of milk (3 months/yr)	20
2019 Buy products close to best-before date (3 kg/week)	70
2019 Rescue a surplus lunch (3 meals/week)	60
2019 Follow your shopping list	30
2020 Make food from leftovers (1 meal/week)	20
2020 Buy "ugly" fruits and vegetables	<10
2021 Eat potatoes and barley instead of rice (12 months/yr)	10
2022 Choose organic food (12 months/yr)	50
2023 Choose local food at stores and marketplaces (3 months/yr)	60
2026 Become a vegan (10 months/yr)	230
Daily & Leisure related travel	
2022 Take a train for holiday trips (1,000km/yr)	160
2025 Bus replaced with tram	410
2026 Less flying (replaced with train)	360
2027 Instead of taking a cruise ship to Tallinn, take a train to Stockholm	510
Other	
2019 Stay at home accommodation (8 nights/yr)	90
2019 Buy recycled products (100%)	40
2020 Rent your summer cottage (30 days/yr)	120
2021 Repair good products	130
2022 It's a lending day! Share and lend you household goods	<10
2023 Take more days off (-1,000€/yr)	220
2025 Favour responsible service providers	60

