

TIP 1: FIND YOUR BIGGEST CATEGORY FIRST

Before changing anything, use a calculator from Environmental Protection Agency Ireland or Sustainable Energy Authority of Ireland to see where your emissions are actually coming from.

TIP 2: TREAT HEATING AS YOUR BASELINE

In many Irish homes, heating is one of the largest sources of emissions. Small adjustments to how and when you heat can have more impact than cutting back on multiple smaller habits.

TIP 3: QUESTION "NORMAL" TRAVEL, NOT JUST LONG TRIPS

Daily car use often adds up more than people expect. Even occasional changes in routine, like combining trips or switching mode for short distances, can reduce a steady source of emissions.

TIP 4: LOOK AT HOW FOOD IS PRODUCED, NOT JUST WHERE IT'S FROM

Emissions from food are tied to how it is produced, especially meat and dairy. Changing the balance of what you eat over time can reduce impact more than focusing only on packaging or food miles.

TIP 5: REDUCE BEFORE YOU OFFSET

Offsets can support carbon reduction projects, but they don't remove emissions in a simple one-to-one way. Focus on reducing your highest categories first before considering them.

Did You Know?

A single return flight from Ireland to Europe can produce more emissions than months of everyday activities like heating, eating, and daily travel combined.

TIPSHEET

CARBON FOOTPRINT

Additional Resources

- Environmental Protection Agency Ireland – Carbon footprint calculator and emissions data: www.epa.ie
- Sustainable Energy Authority of Ireland – Home energy and emissions tools: www.seai.ie
- Gold Standard – Verified carbon offset projects and standards: www.goldstandard.org
- Irish Government Climate Action – National targets and where emissions come from in Ireland: www.gov.ie/climateaction
- Carbon Footprint Ltd – Detailed personal carbon footprint calculator: www.carbonfootprint.com
- Our World in Data – Compare emissions by country, sector, and lifestyle: ourworldindata.org

