

So, What's a Carbon Footprint Anyway?

Your carbon footprint is the amount of greenhouse gases—including carbon dioxide, methane, nitrous oxide, fluorinated gases and others—that you produce as you live your life. Once they are in the atmosphere the gasses create a “blanket” in the atmosphere that keeps heat from the earth from spreading out in space. This then raises the temperature of the earth - called Global Warming. Most of us produce these gases without thinking about them. They are byproducts of the things we do in our daily lives. It's hard to decrease the amount of gases we put into the environment unless we know where they come from.

Electricity produced by fossil fuels is one of the biggest culprits. Anything you can do to use less electricity reduces the amount of gas put into the air. Turning off lights, lowering home and water temperatures and using LED light bulbs are all easy ways to cut down on electricity use. Recycling and using reusable items instead of disposable ones are other ways to help. Manufacturing new products uses electricity, so logically, reusing things (shopping bags, storage containers, etc.) therefore reduces your carbon footprint. Transportation is another major source of greenhouse gasses. [CNBC explains](#) that we've seen that just by having people work from home global greenhouse gas emissions have dropped by 7% in the last year.

This [article from Columbia University](#) has a more in depth explanation of Carbon Footprints and other ideas on how to make yours smaller.