

Mainly eat seasonal and regional food:

Switch from a little regional and seasonal to mainly regional and seasonal.

Savings:
20 kg CO₂-eq/year

Vegan diet:

Switch from average (1.3 kg meat/ sausage/fish and 2.4 kg dairy products per week) to a vegan diet.

Savings:
940 kg CO₂-eq/year

Vegetarian diet:

Change from average (1.3 kg meat/ sausage/fish and 2.4 kg dairy products per week) to vegetarian (still 2.4 kg dairy products).

Savings:
560 kg CO₂-eq/year

Oat milk instead of cow's milk:

Replacement of 49.9 kg of cow's milk (average milk consumption per year) with oat milk.

Savings:
50 kg CO₂-eq/year

Inspire flatmates or family for oat milk:

4 people each replace 49.9 kg cow's milk (average milk consumption) with oat milk.

Savings:
for 4 people:
200 kg CO₂-eq/year

Don't buy strawberries in winter:

Do without twelve 250 g punnets of strawberries in winter.

Savings:
10.2 kg CO₂-eq/year

Drink 1 litre of tap water a day instead of bottled water:

Replace bottled water with tap water.

Savings:
73.9 kg CO₂-eq/year

A week's holiday: 4-star hotel instead of sea cruise:

OPTION 1: One week sea cruise holiday.
OPTION 2: One week's accommodation in a 4-star hotel. Arrival and departure not included.

Savings:
640 kg CO₂-eq/year

Rügen instead of Mallorca: Car instead of plane:

A group is travelling.

OPTION 1:
Flight Berlin - Palma de Mallorca.
OPTION 2:
Car journey Berlin - Binz (Rügen).

Savings per person:
540 kg CO₂-eq/year

Carpool to work instead of travelling alone:

Switch from individual car to car-pooling (2 people). Average journey to work of 17.2 km each way, 184 days per year (four days per week)

Savings for 2 people:
1250 kg CO₂-eq/year

Take children to school by bike instead of car:

One way 950 m, 190 days, there and back for dropping off and there and back for picking up.

Savings:
140 kg CO₂-eq/year

Public transport instead of car to work:

Average journey to work of 17.2 km each way, 184 days per year (four days per week), switching from car to public transport (tram, underground, public bus).

Savings:
940 kg CO₂-eq/year

E-car instead of combustion engine:

Use of electric car instead of petrol car, annual mileage 12440 km (German average), electricity purchased via average electricity mix in Germany.

Savings:
1.070 kg CO₂-eq/year

Insulate your house:

3-person household, detached house, 110 square metres, 17000kWh heating energy (gas) per year.
Savings per capita.

Savings:
270 kg CO₂-eq/year

Install a water-saving shower head:

Average showering behaviour (shower 5 times a week, 38 degrees, 8 minutes). Water flow rate high (15 litres) vs. economical (6 litres).

Savings:
306.5 kg CO₂-eq/year

Install water-saving shower heads for yourself and your parents:

Two 2-person households; average showering behaviour (shower 5 times a week, 38 degrees, 8 minutes). Water flow rate high (15 litres) vs. economical (6 litres).

Savings for 4 people:
1224 kg CO₂-eq/year

Wash hands with cold water:

Washing hands 14 times a day, each for 20 seconds, each using 2 litres of water, hot water is heated using electricity.

Savings:
141 kg CO₂-eq/year

Wash laundry at 30 °C instead of 60 °C:

Washing machine runs twice a week in a 1-person household, 48 weeks a year

Savings:
29 kg CO₂-eq/year

Water with cooking water instead of tipping it away:

3 litres of water per week

Savings:
0.06 kg CO₂-eq/year

Shower half as long:

Average showering behaviour (shower 5 times a week, 8 minutes)
Reduce to 4 minutes per shower

Savings:
341 kg CO₂-eq/year

Separate waste correctly:

Packaging recycling makes a climate protection contribution of 1.95 million tonnes of CO₂ equivalents in Germany.

Savings:
23.4 kg CO₂-eq/year

Use a dishwasher instead of washing up by hand:

Use the dishwasher once a day instead of washing up by hand twice a day.

Savings:
60 kg CO₂-eq/year

Switch to green electricity:

One-person household, 47 square metres, average electricity consumption of 1700 kWh.

Savings:
710 kg CO₂-eq/year

Getting the neighbouring family excited about green electricity:

Three-person household, apartment block, average electricity consumption with electric water heating, switch from conventional electricity to green electricity.

Savings for 3 people:
1470 kg CO₂-eq/year

**Replace 5 light bulbs
with LEDs:**

Replace 5 60-watt light bulbs with
8-watt LEDs. Lighting duration
3 hours per day, 336 days.

Savings:
58 kg CO₂-eq/year

**Always unplug mobile
phone charging cables:**

Unplug the charging cable instead of
22 hours per day on standby.

Savings:
0.36 kg CO₂-eq/year

**Spend half as
much money:**

Halve consumer spending on products
and services (e.g. clothing, furniture,
concerts, detergents, electronics).
Per person with an average 2-person
household income (3100 €
net per month)

Savings:
1290 kg CO₂-eq/year

**Stop using
to-go cups:**

34 disposable cups per year
(average)

Savings:
0.6 kg CO₂-eq/year

**Switch to a
sustainable bank:**

Invest 2000 € in a current account
at a climate-friendly bank instead
of a conventional bank.

Savings:
420 kg CO₂-eq/year
(rough estimate)

**Stream 2.5 hours
less per day:
(music, video & games):**

Reduction in the average streaming
usage of young people (12 to 19 years)
from 34 hours to 17 hours per week.

Savings:
17 kg CO₂-eq/year

**Buy refurbished
smartphone instead
of a new one:**

Average value of the saved CO₂
emissions saved (refurbished vs. new)
of 3914 smartphone models.

Savings:
70.5 kg CO₂-eq/mobile phone

**Buy in the shop
instead of ordering
online:**

Making the average 20.4 online
purchases per year instead of shopping
online in bricks-and-mortar stores
(climate-neutral by walking or
cycling to the shop).

Saving:
11.7 kg CO₂-eq/year

**Buy second-hand
clothes instead of
new ones:**

35 items of clothing per year (jeans,
trousers, shirts, jumpers, jackets and
underwear, excluding shoes) bought
second-hand instead of new.

Savings:
249 kg CO₂-eq/year

**Organise a clothes swap
party at school:**

100 pupils swap 1 top each at the
party. This avoids having to buy
100 new tops.

Savings for 100 people:
500 kg CO₂-eq/year

**Avoid plastic
packaging completely:**

Avoiding the average per capita
consumption of plastic packaging
without replacing it with glass or
cardboard (unpackaged or own
packaging).

Savings:
49.2 kg CO₂-eq/year

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