

Buy second-hand clothing instead of new:

10 items of clothing are bought second-hand, which means that the same number of new items don't need to be bought.

Savings per person:
approx. 110 kg CO₂e/year

Sources:
UBA-CO₂-Rechner (2025),
IHF (2021)

Smartphone refurbished instead of buying new:

Buying second-hand extends the mobile phone's useful time by 3 years.

Savings per smartphone:
approx. 15 kg CO₂e/year

Sources:
Öko-Institut (2020), Fraunhofer Austria Research GmbH (2024)

Shop online instead of by car:

Two shopping trips per month (5 km each) are replaced by two online orders per month.

Savings per person:
approx. 20 kg CO₂e/year

Sources:
Umweltbundesamt (2024),
Umweltbundesamt (2020)

Don't use disposable cups anymore:

Save 34 disposable cups per year.

Savings per person:
approx. 0,7 kg CO₂e/year

Source:
Umweltbundesamt (2019)

Pet:

Rabbit instead of cat:

In a two-person household, a herbivore is kept as a pet instead of a carnivore.

Savings per person:
approx. 115 kg CO₂e/year

Source:
UBA-CO₂-Rechner (2025)

Halve the use of plastic packaging:

Half of the average amount of single-use plastic packaging is eliminated without replacement, i.e. without being replaced by glass, paper or reusable containers.

Savings per person:
approx. 19 kg CO₂e/year

Sources:
UBA (2024), ifeu/GVM (2023),
Destatis (2025)

Repair your washing machine instead of buying new one:

Repairing a washing machine's heating element by a customer service technician instead of buying a new one. This extends its useful life by five years.

Savings pro person:
approx. 35 kg CO₂e/year

Sources:
UBA (2025), Öko-Institut (2015 & 2020)

Vegan diet:

Switch from an average consumption of animal-based foods (meat/dairy products) to a vegan diet.

Savings per person
approx. 810 kg CO₂e/year

Source:
UBA-CO₂-Rechner (2025)

More plant-based proteins, fewer animal proteins:

Switch from average to low consumption of meat/sausage/fish (1.3 kg → 0.3 kg/week) and milk and cheese products (including 0.6 kg → 0.2 kg cheese/week).

Savings per person:
510 kg CO₂e/year

Source:
UBA-CO₂-Rechner (2025)

Halve food waste:

The most effective way to reduce food waste is to stop it from spoiling in the first place.

Savings per person:
approx. 30 kg CO₂e/year

Sources:
GfK (2020), ifeu (2020),
Umweltbundesamt (2024)

Mainly regional and seasonal food:

Switch from using a small amount of regional and seasonal produce to using mainly regional and seasonal produce.

Savings per person:
approx. 80 kg CO₂e/year

Source:
UBA-CO₂-Rechner (2025)

Drink tap water instead of bottled water:

Half a litre every day.

Savings per person:
36 kg CO₂e/year

Source:
GUTcert (2020),
Statista (2025)

Oat milk instead of cow's milk:

Replacing 1 litre of cow's milk with 1 litre of oat milk per week.

Savings per person:

approx. 50 kg CO₂e/Jahr

Source:

ifeu gGmbH (2020)

No purchase of strawberries in winter:

Going without twelve 250g containers of strawberries in winter.

Savings per person:

approx. 10 kg CO₂e/Jahr

Source:

ifeu gGmbH (2020)

Heat by a heat pump:

Two-person household, detached house, 103 sqm of living space, annual energy consumption of 13,390 kWh, switch from natural gas to heat pump.

Savings per person:

approx. 870 kg CO₂e/Jahr

Sources:

UBA-CO₂-Rechner (2025), co2online gGmbH (2023)

Insulate your home:

Two-person household, detached house, 103 sqm of living space, 18,540 kWh energy consumption per year, fossil fuel.

Savings per person:

approx. 810 kg CO₂e/year

Sources:

UBA-CO₂-Rechner (2025), co2online gGmbH (2025)

Shower for half the time

Halve shower time from 8 to 4 minutes based on average showering behaviour (showering 5 times a week with a water flow of 12 l/min).

Savings per person:

approx. 240 kg CO₂e/year

Sources:

Duschrechner VZ NRW (2025), UBA-CO₂-Rechner (2025), Stiftung Warentest (2023)

Get a hydraulic balancing carried out:

Two-person household, detached house, 103 sqm of living space, natural gas heating.

Savings per person:

approx. 130 kg CO₂e/Jahr

Sources:

Optimus (2005), co2online (2025)

Use a water-saving shower head:

Average shower behaviour (showering 5 times a week, 36 degrees, 8 minutes), high water flow (12 litres) vs. economical (6 litres).

Savings per person:

approx. 240 kg CO₂e/year

Sources:

Duschrechner VZ NRW (2025), UBA-CO₂-Rechner (2025), Stiftung Warentest (2023)

Wash your hands with cold water:

10 times a day, 1 litre per wash cycle, natural gas heating.

Savings per person:

approx. 70 kg CO₂e/year

Sources:

Duschrechner VZ NRW (2025), UBA-CO₂-Rechner (2025), Bundesinstitut für Öffentliche Gesundheit (2025)

Lower the room temperature by 1 degree :

Two-person household, detached house, 103 sqm of living space.

Savings per person:

approx. 100 kg CO₂e/year

Sources:

UBA-CO₂-Rechner (2025), Umweltbundesamt (2025)

Separate waste correctly:

In Germany, packaging recycling prevents around 2 million tonnes of greenhouse gases from being emitted every year.

Savings per person:

approx. 24 kg CO₂e/year

Sources:

Öko-Institut (2022), Statistisches Bundesamt (2023)

Holidays without flying: the Adriatic instead of Tenerife:

Option 1: Flight from Frankfurt a. M. to Tenerife.
Option 2: Car journey from Frankfurt a. M. to Split (Croatia).

Savings per person

approx. 950 kg CO₂e

Source:

UBA-CO₂-Rechner (2025)

Use public transport instead of the car to get to work:

Commute of 17.2 km (one way), 184 days per year, petrol car with 8 l/100 km, occupancy rate 1 person.

Savings per person:

approx. 1.180 kg CO₂e/year

Sources:

BBSR (2024), Destatis (2025), UBA-CO₂-Rechner (2025)

**Switch to
an electric car:**

Use of electric car instead of petrol car, with an annual mileage of 8,800 km per person (the German average) and taking into account manufacturing and fuel consumption.

Savings per person:
approx. 780 kg CO₂e/year

Sources:
Kraftfahrt-Bundesamt (2025),
UBA-CO₂-Rechner (2025),
Destatis (2025)

**Country hotel instead of
cruise (1 week):**

Accommodation in a 4-star hotel compared to a sea cruise (1 week), travel to and from the destination not included.

Savings per person:
approx. 650 kg CO₂e

Source:
UBA-CO₂-Rechner (2025)

Use car sharing:

Replace private car with car-sharing services.

Savings per person:
approx. 600 kg CO₂e/year

Sources:
UBA-CO₂-Rechner (2025),
Bundesverband Carsharing (2024)

**Cycle to work by pedelec
(twice a week instead of
driving):**

Twice per working week by pedelec instead of by car, journey to work is 10 km.

Savings per person:
approx. 415 kg CO₂e/year

Sources:
ifeu (2023),
Umweltbundesamt (2024)

**Cycle twice a week to do the
shopping (instead of driving):**

Travel by bicycle instead of by car, distance 3 km.

Savings per person:
approx. 140 kg CO₂e/year

Source:
UBA-CO₂-Rechner (2025)

Switch to green electricity:

Two-person household, average electricity consumption of 2,600 kWh, switch from standard tariff to green electricity.

Savings per person:
approx. 490 kg CO₂e/year

Source:
UBA-CO₂-Rechner (2025)

**Install balcony power
plant (500 W):**

Vertical installation on the balcony (90°), electricity yield of around 345 kWh per year.

Savings per person:
approx. 240 kg CO₂e/year

Sources:
HTW Berlin (2025),
UBA-CO₂-Rechner (2025)

**Use the
dishwasher instead of
washing up by hand:**

Two-person household with dishwasher. Dishwasher option: 4 times a week, fully loaded; hand washing option: twice a day, 15 litres of water per wash cycle

Savings per person:
approx. 30 kg CO₂e/year

Sources:
JRC (2017), Umweltbundesamt
(2025), UBA-CO₂-Rechner
(2025), bdew (2024)

**Cut streaming time
in half**

(music, videos & games):

Halving of average streaming usage among young people (aged 12 to 19) from 34 to 17 hours per week.

Savings per person:
approx. 12 kg CO₂e/year

Source:
UBA-CO₂-Rechner (2025)

**Unplug charging
cables when not in use
(mobile phone):**

The mobile phone's charging cable is always unplugged from the socket after charging.

Savings per person:
approx. 0,3 kg CO₂e/year

Sources:
Verordnung (EU) 2019/1782,
UBA-CO₂-Rechner (2025)

**Search queries without
AI tools (1 per day):**

One classic, index-based search query per day instead of one using an AI tool.

Savings per person:
approx. 0,1 kg CO₂e/year

Sources:
Dauner/Socher (2025),
Frankfurt University of
Applied Sciences (2023)

**Donate climate contribution
for 1 t CO₂ avoidance:**

Donation to a climate protection
project with certified greenhouse gas
savings.

Savings:

approx. 1.000 kg CO₂e

Source:

Umweltbundesamt (2025)

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

100 pupils exchange one top each,
100 new purchases are avoided.

Savings for 100 tops

approx. 500 kg CO₂e

Source:

UBA-CO₂-Rechner (2025)

**Halve the proportion of meat
dishes in the canteen:**

Canteen serving 100 meals per day
converts half of its meat-based menus
to vegetarian or vegan menus.

Savings:

approx. 5.000 kg CO₂e/year

Source:

Greenado GmbH (2024)

**Convince three people
(flatmates or family) about
oat milk:**

Three people replace one litre
of cow's milk with one litre of oat milk
per week.

Savings per 3 person:

approx. 150 kg CO₂e/year

Source:

ifeu gGmbH (2020)

**Install a water-
saving showerhead at
your parents' place:**

Average showering behaviour
(showering 5 times a week,
36 degrees, 8 minutes), high water
flow (12 litres) vs. economical (6 litres).

Savings per 3 person:

ca. 480 kg CO₂e/Jahr

Source:

Duschrechner VZ NRW (2025),
UBA-CO₂-Rechner (2025),
Stiftung Warentest
(2023)

**Convince your
neighbours about a balcony
power plant (1,000 W)**

Vertical installation on the balcony
(90°), electricity yield of around
690 kWh per year.

Savings:

approx. 480 kg CO₂e/year

Sources:

HTW Berlin (2025),
UBA-CO₂-Rechner (2025)

**€1,000 investment
in wind power project:**

For example: as a savings deposit
with a green bank, as a membership
share in a cooperative or as a participation
certificate (financial instrument with
profit sharing).

Savings:

approx. 1.400 kg CO₂e/year

Source:

Deutsche WindGuard
(2023)

**Switch school to recycled
paper (includes writing paper
and toilet paper):**

Switch to recycled paper for exercise
books, photocopying paper and toilet
paper (1,000 pupils).

Savings:

approx. 770 kg CO₂e/year

Sources:

Umweltbundesamt (2022),
Papierindustrie (2025)

Go to a climate protest:

The extent to which your ecological handprint grows as a result of this action depends on your actions, the people who join you, and the social and political conditions that apply.

Sign a petition:

The extent to which your ecological handprint grows as a result of this action depends on your actions, the people who join you, and the social and political conditions that apply.

Become a member of a climate or environmental NGO:

The extent to which your ecological handprint grows as a result of this action depends on your actions, the people who join you, and the social and political conditions that apply.

**Get involved locally:
(e.g. environmental education,
repaircafé, sustainability working
group)**

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**Donation for climate
and environmental protection**

The extent to which your ecological handprint grows as a result of this action depends on your actions, the people who join you, and the social and political conditions that apply.

**Consider climate protection
in elections**

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