



A Roadmap to a Low-Carbon Life: Start Your Journey Today

By Lisa Hecht

Measure your **carbon footprint** using a calculator to find easy ways to **save money** and help the **planet**. Focus on Transportation and Home Energy to reduce your CO₂e over time.

Quick Action Plan

- **Get a Baseline:** Use the **Berkeley Cool Climate Calculator**.
 - **Target Big Five:** Transportation, Energy, Goods, Services, Food.
 - **Start Small:** Carpool or combine trips to save time/cash.
 - **Go Big (Optional):** Plan for solar, EVs, or efficient appliances.
 - **Find Support:** Get a "**Carbon Buddy**" to stay on track.
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What's in Your Carbon Footprint—And Why It Matters to You!

If you're concerned about the impacts of the climate crisis and want to take personal action, the good news is, you can start today!

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