

Your Carbon Neutral Lifestyle Guide

(introduction)



By going carbon neutral we are
walking the talk

Your Carbon Neutral Lifestyle Guide

Introduction



GE Renewable Energy has pledged to be Carbon Neutral by the end of 2020.

While a small team is working on implementing major changes, we can all contribute by being aware of carbon neutrality and reducing our personal carbon footprint.

By taking these small steps, outlined in this calendar, you can make a tremendous difference in our Carbon Neutral journey.

- **Count and Offset** your own carbon emissions through the [United Nations](#) platform.
- **Share** your ideas and experience on our Going Carbon Neutral Yammer group and on social media by using the hashtag **#gocarbonneutral**.

This calendar's simple graphics and small size ensures its low carbon footprint.
Please don't print it out.

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1st Step: Movie time!



Carbon dioxide has a massive impact on climate change. Watch this short movie, made by National Geographic, in partnership with the United Nations, about climate change and its possible consequences.



Share your favorite content about sustainability on our Yammer Group and social media by using the **#gocarbonneutral!**

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2nd Step: Carbon Neutral Internet



Did you know that a one-megabyte email (= 1 MB) during its total life cycle emits 20 g of CO₂, i.e. the equivalent of an old 60 W lamp lit for 25 min? Please think about adopting these planet-friendly internet usage guidelines:

- Reduce the size of the documents you send by email to reduce the size of the message
- Use hypertext links rather than an attachment
- Regularly delete emails that have been dealt with, and don't forget to empty your bin
- Unsubscribe from newsletters you don't read
- Make your regularly viewed websites favorites

Share your carbon neutral internet usage experience on Yammer group and social media by using the **#gocarbonneutral!**

Learn



Travel



6



12



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3rd Step: Energy



Most carbon emissions comes from electricity usage. Think about following these tips to reduce your carbon emissions:

- Change to energy-efficient light bulbs
- Unplug computers, TVs and other electronics when you're not using them
- Wash clothes in cold or warm (not hot) water
- Dry your clothes on a line when you can, instead of using a tumble dryer
- Look for the Energy Star label when buying new appliances

Share your energy-saving experience on Yammer group and social media by using the **#gocarbonneutral!**

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4th Step: Zero-Plastic Shopping Day



When we do our shopping, we often don't realize how much plastic we consume:

- Take a reusable shopping bag to the shop
- Don't use plastic bags when buying loose items (vegetables, fruits...). Instead, take a reusable glass jar or cloth bag
- Politely decline the offer of a plastic bag
- Buy in bulk instead of smaller packages

Share your zero-plastic shopping experience and social media by using the **#gocarbonneutral!**

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5th Step: Delicious Dinner



Tonight, cook dinner for your friends and family by:

- Choosing seasonal food (especially for vegetables and fruits)
- Avoiding using meat products
- Avoiding using dairy products
- Adopt 'Meat Free Monday'

Share your delicious meal on Yammer group and social media by using the **#gocarbonneutral!**

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6th Step: Our Sustainable Clothes



The fashion industry releases a significant amount of carbon emissions while producing our clothes. To avoid overconsumption, use these tips:

- Before buying a new garment, always think twice if you really need it
- Search for clothing brands that practice carbon neutral methods of making our clothes (search for Eco, GOTS, Fairtrade and OKEO-TEX labels)
- Always give a second chance to your clothes by donating them to a charity
- If your clothes are really worn out– recycle them (dusters, rags etc)

Share your tips for sustainable clothes on Yammer group and social media by using the **#gocarbonneutral!**

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7th Step: Carbon Neutral Travel



When traveling, it's always hard to avoid carbon emissions, but there are ways to reduce emissions:

- Take the train or bus instead of a flight when possible for short distance travel
- Choose airlines that have newer planes and have a sustainability program
- If you must travel, offset your journey's carbon emissions
- Choose eco-friendly or sustainable accommodation for your stay (search for eco label or sustainable accommodation listings)

Share your carbon neutral traveling experience on Yammer group and social media by using the **#gocarbonneutral!**

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8th Step: Zero-Waste Kitchen



In the kitchen, we often use non-reusable materials, that can often be changed by reusable ones, and very simply:

- Change your paper kitchen towels to woven cotton cloths
- Change aluminum foil or cling film to moldable waxed fabric, silicone mat or any other reusable alternatives
- Use reusable storage containers for left-overs, such as glass jars
- Make your own home compost for any left-overs, instead of throwing it in the general waste bin

Share your zero-waste kitchen experience on Yammer group and social media by using the **#gocarbonneutral!**

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9th Step: Coffee time!



At work, we can avoid some carbon emissions by using reusable items. For example, a reusable cup, that doesn't pollute our planet!

- Bring your own reusable coffee mug to work
- Get a reusable water bottle
- Bring your own reusable cutlery set, often made from wood or steel

Share your favorite mug on Yammer group and social media by using the **#gocarbonneutral!**

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10th Step: Easy Recycling



Recycling is usually seen as very complicated or even confusing. In every region, recycling processes are different, however, here are some tips that can be deployed anywhere in the world:

- Items that you place in your recycling bin should be empty, clean and dry
- Never put your recyclable items in a bag before going into the bin
- Separate each item - envelopes and plastic bubble wrap should be separated before going into the recycling bin.

Share your recycling tips and experience on Yammer group and social media by using the **#gocarbonneutral!**

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11th Step: Sustainable Bathroom



The bathroom is the place where we probably waste most water as well as plastic. Here are some tips for your bathroom:

- Take shorter showers
- Turn the tap off while you brush your teeth
- Choose soap, shampoo or other personal care products in solid form instead of plastic containers
- Choose biodegradable cotton buds instead of plastic
- Use reusable cotton pads to clean your face

Share your carbon neutral bathroom experience on Yammer group and social media by using the **#gocarbonneutral!**

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12th Step: Three Rs



When reducing your carbon footprint, you can follow a principle of 3Rs that will guide you throughout your own carbon neutrality journey:

- 1. Reduce** – reduce your waste so that less of it goes to the landfill.
- 2. Reuse** - learn to reuse items, or re-purpose them for a different use than initially intended.
- 3. Recycle** - there are very few materials on the earth that cannot be recycled, so by recycling your items you ensure that they do not end up in the landfill creating more carbon emissions.

Share your tips for 3Rs on Yammer group and social media by using the **#gocarbonneutral!**

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