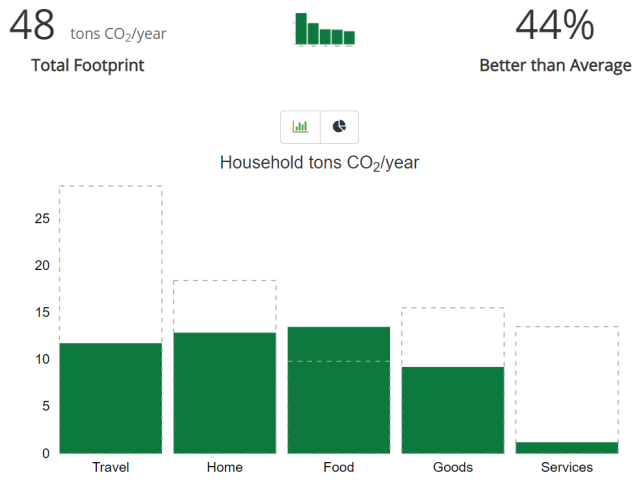


My household creates approximately 48 tonnes of carbon dioxide a year, which is supposedly 44% better than average.



All of the tonnes that my household creates more tonnes of carbon dioxide that are above average is in food, so that's what I'm focusing on.

For me specifically, I need to lower how much of a carbon footprint the food I eat has. I think that a large part of this is that the people in my household eat almost double the amount of average meat everyday. My mother has vegetarian Mondays, but my brother and father eat more meat than everything everyday. A lot of that is beef, and livestock contributes to around 15% of all CO<sub>2</sub> emissions, and a lot of that is from cows. Although I don't eat as much meat or beef as my brother or father, I can still reduce my amount of meat eaten, which is just above average, to below average everyday, to reduce the daily average each person in the household eats in calories of meat. So for me, I can start by having meatless Mondays, which will follow my mother's routine, and slowly move into eating less meat entirely. I can't say that I am going to become vegetarian, or vegan, but I do believe that I can reduce how much meat I eat.