

References and Tools

Session 4- Specific actions – in our own realms

Updated 5/29/2022

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See Tools on next page.

Tools

Carbon Counters
My Solutions Portfolio
40,000 Pound Carbon Diet
Energy Index
i-Tree
Meatless (and less meat) eating

Carbon Counters –

To help you estimate your emissions

1. **Carbon Footprint Ltd** (<https://www.carbonfootprint.com/>) considers the big three: your transportation, your diet, and your home, plus the other stuff you buy. It calculates **direct emissions** of home/buildings and transportation (cars, flights, motorbikes, bus, rail). It estimates **indirect emissions** from dollar inputs of what you eat and stuff you buy.
2. **The Household CO₂ Calculator** deals only with *direct emissions*, It can be found at <http://www.empowermentinstitute.net/index.php/community/low-carbon-diet/household-co2-calculator>. This program asks you to enter the miles driven in your cars, gallons of heating oil used, kilowatt hours of electricity used, therms of natural gas, bags of garbage put to the curb, etc. This basic program estimates the pounds of carbon you emitted in a year.
3. **CoolClimate** is a more sophisticated program from UC Berkeley that can be found at <http://coolclimate.berkeley.edu/carboncalculator>. This program accounts for **indirect emissions** (what you eat, what you buy) as well.
4. **Cure 100 Carbon Tracker**. This tool also accounts for **direct and indirect emissions**. This is an app accessed from a Google account. The *My Carbon* app compares your emissions with those of others in your area (Zip Code), so you can identify where you are doing well and where you may want to improve. To launch the app, go to <https://cure100-staging.web.app/home>. There is 4-minute video to help you get started.

My Solutions Portfolio

This Excel spreadsheet was developed by Jack and Carmen Merriam for a course, *Reversing Global Warming Right Here and Now* at [Osher Lifelong Learning Institute](#) at Ringling College, Sarasota Florida. It can help you keep track of your choices and progress to drawdown carbon. [Click here](#) to go to the Excel file, which you can “save as” to use on your own. Note the use of the drop-down menus to select your choices.

40,000 Pound Carbon Diet.

“40,000 Pound Carbon Diet: How a middle-class American family reduced their carbon footprint by 75% (and made money doing it).” Published in the May/June 2013 Editions of *Current Events*, the magazine of the Electric Auto Association. [Click here](#)

Energy Indices

Pounds of CO2 Emitted from **Natural Gas**

[117.10 Pound CO2/thousand cubic feet of Natural Gas](#)

11.7 Pound CO2/therm

100 cubic feet of Natural Gas is called [a “therm,”](#) the measure used by natural gas meters.

Pounds of CO2 emitted by these fuels for **each kwh of electricity produced**

Source: US Energy Information Agency <https://www.eia.gov/tools/faqs/faq.php?id=74&t=11>

	low	High
Coal	800	1050
Natural Gas	430	430
Nuclear	6	6
Hydroelectric	4	4
Wood	1500	1500
PV	60	150
Wind	3	22
Oil	830	890

i-Tree

i-Tree can help you estimate the **carbon sequestration** of alternative trees. It is a cooperative effort between the USDA Forest Service, Davey Tree Expert Company, The Arbor Day Foundation, Society of Municipal Arborists, International Society of Arboriculture, Casey Trees, and SUNY College of Environmental Science and Forestry. Quantifies the benefits and values of trees around the world. Aids in tree and forest management and advocacy. Shows potential risks to tree and forest health. Is based on peer-reviewed, USDA Forest Service Research. For the i-Tree main menu go to <https://www.itreetools.org/>, which introduces the many tools inside I-Tree.

For individual and small amounts of trees:

- [i-Tree Design](#) gives parcel level analysis of current and future tree benefits

For recommendations on what species to plant:

- [i-Tree Species](#) determines the best species that meet your desired benefits.

For benefits of new tree planting projects:

- [i-Tree Planting](#) estimates the long-term environmental benefits from a tree planting project.

Meatless (and less meat) eating

- **Eat to Live** – a program of plant based, but not completely vegetarian eating. Check it out online (<https://www.drfuhrman.com/get-started>) or get the book. Fuhrman, Joel 2011. *Eat to Live*. Little, Brown and Company.
- **Forks over Knives** – a vegan plus whole foods program. Check it out online (<https://www.forksoverknives.com/>) or get the book: Stone, Gene, ed. 2011 *Forks over Knives*. The Experimental. LLC. Magazine also available in bookstores and online.