

*Reducing one`s GHG at home with the help of CUBIKS*



- By riding our bikes or walking to school, we are not only staying in shape; we are also helping to preserve our planet. You are saving 1kWh on a daily basis, by riding your bike or walking, rather than taking your car.

**Red** 0 CUBIK : I rode my car.

**Yellow** 1 CUBIK : I rode the bus or I carpooled.

**Green** 3 CUBIKS : I walked or rode my bike.



- Most produce found on your dinner table has travelled more than 2400 km. By buying locally, your family has reduced its energy consumption by 25 kWh.

**Red** 0 CUBIK : Most of the food I purchased was produced outside North America(South America,Europe,Asia,Africa).

**Yellow** 1 CUBIK : Most of the food I purchased was produced in North America(Canada,U.S.A.and Mexico).

**Green** 3 CUBIKS : Most of the food I purchased was produced in Québec.



Shorter showers

- You can save 0.375 kWh with every minute less spent showering.

**Red** 0 CUBIK : I showered for more than 10 min.

**Yellow** 1 CUBIK : I showered for less than 10 min.

**Green** 3 CUBIKS : I showered for less than 5 min.



- On a global scale, meat production creates an enormous quantity of GHG. It is also very energy consuming. The production of 1 kg. of meat leads to approximately 90 kWh.

**Red** 0 CUBIK : I had red meat.

**Yellow** 1 CUBIK : I had chicken or fish.

**Green** 3 CUBIKS : I had two vegetarian meals today (breakfast included).