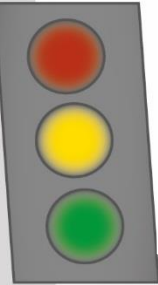




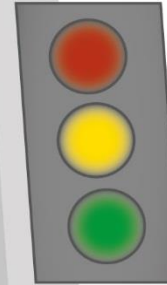
Reducing one's GHG at home with the help of CUBIKS



By riding our bikes, 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.



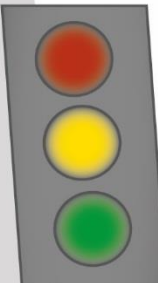
- Red** 0 CUBIK : I rode my car.
- Yellow** 1 CUBIK : I rode the bus or I carpooled.
- Green** 3 CUBIKS : I walked or rode my bike.



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



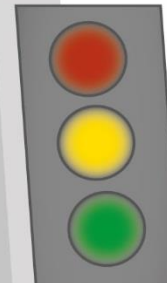
- Red** 0 CUBIK : I showered for more than 10 min.
- Yellow** 1 CUBIK : I showered for less than 10 min.
- Green** 3 CUBIKS : I showered for less than 5 min.



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



On a global scale, meat production induces 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).
