



**ADIRONDACK COUNCIL**  
*Defending the East's Greatest Wilderness*

**HOW MUCH CARBON DIOXIDE DO WE EMIT?**

**THE ADIRONDACK COUNCIL CARBON REDUCTION CERTIFICATES HELP OFFSET  
THOSE EMISSIONS**

**Home (all):** Every year in the United States, approximately 4 metric tons of carbon dioxide (CO<sub>2</sub>) (almost 9,000 pounds) per person, are emitted from people's homes (about 17% of total U.S. emissions) (USEPA) **(2 - Adirondack Council Carbon Reduction Certificates equaling 6 tons – offsets carbon emissions for more than one person)**

**Waste:** Each pound of trash you throw away will emit approximately 0.94 pounds of carbon dioxide equivalent in the form of methane, and the average person in the U.S. throws away over 1,130 pounds of waste per year. For every person in the U.S., about 1,060 pounds (1.5 tons) of CO<sub>2</sub> equivalent comes from the garbage we throw out every year. (USEPA) **(1 certificate – 3 tons – 2 years)**

**Electricity:** When coal and other fossil fuels are burned to create electricity, greenhouse gases are emitted into the atmosphere. The average household CO<sub>2</sub> emissions from electricity are approximately 7.4 metric tons per year (about 16,290 lbs). (USEPA) **(2 certificates – 6 tons – almost makes it)**

**Heat:**

Natural Gas: The yearly average emissions for a household of one person, is about 3,600 pounds (1.6 tons). **(1 certificate – 3 tons – for two people)**

Oil: The yearly average emissions for a household of one person, is about 4,400 pounds (approx. 2 tons). **(1 certificate covers with cushion)**

**Car:** The yearly average emissions per vehicle, is about 12,500 pounds or about five and half tons per year. (USEPA) **(2 certificates – 6 tons - covers it with cushion)**

(According to NPR, driving a large SUV for a year is the same as driving a compact car for a year, plus leaving the refrigerator door open for three years.)

**Flights:** New York to Paris (7,245 miles): 1 person/round trip 1,750 pounds (almost 1 ton). **(1 certificate – 3 tons – covers two flights)**

Plattsburgh to Fort Lauderdale (2,675 miles): 1 person/round trip 1,043 pounds (1/2 ton) **([Terrapass](#) (1 certificate covers a family of four.))**