

# Carbon Menu

## GROCERY

4 oz. raw steak . . . . .	2 kg
Lunchmeat on a sandwich . . . . .	1 kg
1 imported orange. . . . .	1 kg
1 loaf of bread. . . . .	1 kg
1 apple (imported). . . . .	50 g
1 apple (local & seasonal) . . . . .	10 g
1 roll toilet paper . . . . .	730 g
1 roll toilet paper (recycled). . . . .	450 g
1 pint milk . . . . .	720 g
1 bottled water. . . . .	500 g
1 can of soda. . . . .	170 g

## OTHER

1 day of human exhalation . . . . .	1 kg
1 hour of lights in a classroom . . . . .	1 kg

## ELECTRONICS

1 mile drive (hybrid) . . . . .	230 g
1 hour of TV (32" LC D). . . . .	88 g
1 hour of TV (15" LC D). . . . .	34 g
1 minute cell phone call . . . . .	57 g
1 hour laptop computer. . . . .	12 g
Leave a desktop computer running at night for a week . . . . .	1 kg

## HOUSE & GARAGE

1 laundry load (w/ hot water) . . . . .	1 kg
Soda can thrown away (not recycled) . . . . .	50 g
1 mile drive (gas vehicle). . . . .	540 g
10 minutes of warm shower. . . . .	1 kg
1 sheet of paper. . . . .	12 g

Source: Zerofootprint; General Electric; Carbon Dioxide Information Analysis Center

For use with Understanding Carbon activity