

## **TIPS FOR GOING GREEN**

### **How we're impacting the environment:**

#### **Plastic:**

- Recycling one ton of plastic bottles saves the equivalent energy usage of a two-person household for one year.

#### **Aluminum:**

- Every three months, Americans throw enough aluminum in the landfills to rebuild our nation's entire commercial air fleet.
- It requires 95% less energy and water to recycle a can than it does to create a can from virgin materials.
- Recycling a single aluminum can saves enough energy to power a TV for three hours.

#### **Paper:**

- Making paper from recycled paper reduces the related contribution to air pollution by 95%.
- Recycling a stack of newspaper just three feet high saves one tree.

#### **Glass:**

- Glass can be recycled and re-manufactured an infinite number of times and never wear out.
- Recycling just one glass jar saves enough electricity to light an 11 watt CFL bulb for 20 hours.

#### **Cardboard:**

- Recycling one ton of cardboard saves 46 gallons of oil.
- Over 90% of all products shipped in the United States are shipped in corrugated boxes, which total more than 400 billion square feet of cardboard.
- Recycling cardboard only takes 75% of the energy needed to make new cardboard.

## **Tips for shrinking your environmental footprint:**

Remember to REDUCE, REUSE, and RECYCLE. Reduce and reuse first to shrink your environmental footprint!

### **Tips for REDUCING:**

- Print on both sides of the paper to reduce paper wastage.
- Remove your name from mailing lists that you no longer want to receive (<http://www.ecocycle.org/junkmail>).
- Use reusable cloth napkins instead of paper napkins.
- Avoid disposable plates, spoons, glasses, cups, and napkins. They result in a large amount of waste.
- Avoid buying items that are over packaged with plastic, paper, and foil.
- Buy durable, high-quality goods when possible. They serve their purpose longer and save landfill space.

### **Tips for REUSING:**

- Donate! Old books, clothes, electronics, household items. You can donate these items to local libraries, charity institutions, schools or non-profits.
- Purchase reusable grocery and produce bags for all shopping needs.
- Reuse newspaper for gift wrapping.
- Purchase reusable/refillable coffee filter cups rather than disposable K-Cups.
- Use glass jars for storing snacks, coffee, and baking essentials.

### **Tips for RECYCLING:**

- When it comes to recycling, every community is different. Do some research to make sure you're recycling all the materials accepted in your community. Check with your local solid waste and recycling office or [americarecyclesday.org/find-recycling](http://americarecyclesday.org/find-recycling) for information on your local recycling options.
- Many recycling programs don't accept paper cups because of the waxy lining. Don't forget to recycle the cardboard sleeve.
- Does your community recycling program accept cereal and tissue boxes? Magazines? Mail? Check with your local solid waste and recycling office to make sure you're doing all you can to save trees!
- Close the loop by buying recycled content material.