

# PROP FACT Sheet

The impact of Greenhouse Gas Emissions (GHGs) in our atmosphere is quite real. And if we are to protect our earth from further damage, we all need to begin today to lessen our "footprint" on the earth. That means cut back on the things we do each day that add to the amount of GHGs. The most damaging of these gases is carbon dioxide (CO<sub>2</sub>). Here are some practical ways to lower the amount of CO<sub>2</sub> you contribute.

## Reduce, Reuse and Recycle

- **Recycle All You Can** - Pennsylvanians prevent the emission of nearly 2 million metric tons of greenhouse gasses with their recycling and composting each year. Imagine the savings if we recovered the other half of those materials we landfill each year!
- **Use Recycled Paper** - Make sure your printer paper is 100% post consumer recycled paper. Save five pounds of carbon dioxide per ream of paper.
- **Buy Minimally Packaged Goods** - Less packaging could reduce your garbage by about ten percent. Save 1,200 pounds of carbon dioxide and \$1,000 per year.
- **Reduce Garbage** - Buy products with less packaging and recycle paper, plastic and glass. Save 1,000 pounds of carbon dioxide per year.
- **Bring Cloth Bags to the Market** - Using your own cloth bag instead of plastic or paper bags reduces waste and requires no additional energy.



## Saving Energy

- **Use Compact Fluorescent Bulbs** - Replace just three frequently used light bulbs with compact fluorescent bulbs and save 300 pounds of carbon dioxide and \$60 per year. Be sure to include these as household hazardous waste upon disposal - they contain small amounts of mercury.
- **Take Shorter Showers** - Showers account for two-thirds of all water heating costs. Save 350 pounds of carbon dioxide and \$99 per year. Also, install a Low-Flow Showerhead to use less water and less energy to heat the water and save 350 pounds of carbon dioxide and \$150.
- **Buy a Fuel Efficient Car** - Getting a few extra miles per gallon makes a big difference. Save thousands of pounds of CO<sub>2</sub> and a lot of money per year. Consider purchasing a hybrid vehicle - the average driver could save 16,000 pounds of CO<sub>2</sub> and \$3,750 per year driving a hybrid.
- **Carpool When You Can** - Own a big vehicle? Carpooling with friends and co-workers saves fuel. Save 790 pounds of carbon dioxide and hundreds of dollars per year.
- **Don't Idle in Your Car** - Idling wastes money and gas, and generates pollution and greenhouse gas emissions. Except when in traffic, turn your engine off if you must wait for more than 30 seconds.
- **Insulate Your Water Heater** - Keeping your water heater insulated could save 1,000 pounds of carbon dioxide and \$40 per year.
- **Replace Old Appliances** - Inefficient appliances waste energy. Save hundreds of pounds of carbon dioxide and hundreds of dollars per year.
- **Unplug Un-Used Electronics** - Even when electronic devices are turned off, they use energy. Save over 1,000 pounds of carbon dioxide and \$256 per year.
- **Insulate Your Home** - Make sure your walls and ceilings are insulated. Remember that cellulose and fiberglass insulation are made from recycled material, too. Save 2,000 pounds of carbon dioxide and \$245 per year.

## Living Green

- **Buy Products Locally** - Buy locally and reduce the amount of energy required to ship your food and other products across the country. Locally grown food is fresher and more nutritious, too.
- **Plant a Tree** - Trees suck up carbon dioxide and make clean air for us to breathe. Save 2,000 pounds of carbon dioxide per year.
- **Buy Organic Food** - The chemicals used in modern agriculture can pollute the water supply, are made from fossil fuels and require energy to produce and transport.

*This Fact Sheet was developed by the Professional Recyclers of Pennsylvania, P.O. Box 25, Bellwood, PA., 16617.*

*For more information visit our website, [www.proprecycles.org](http://www.proprecycles.org) or by email at [prop@proprecycles.org](mailto:prop@proprecycles.org).*

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