

Top 10 Ways to be Waste-Less



10. Share a ride to work because...each gallon of gas your car burns creates 20 lbs. of carbon dioxide, contributing to the break down of the ozone and global warming.
9. Don't use Styrofoam beverage and food containers. They aren't recyclable or biodegradable. 500 years from now, the foam coffee cup you used this morning will be sitting in a landfill.
8. Use double-sided photocopying or printing whenever possible (you can print double-sided documents from your computer by sending the print job to your Bureau's copier)...because this could cut our paper consumption by almost half.
7. Use e-mail instead of paper copies whenever possible. Attaching files to e-mails instead of printing out reports can eliminate reams of paper on a daily basis...because the typical U.S. office worker uses about 10,000 sheets of copy paper each year.
6. Recycle old cell phones ... because in the U.S., more than 100 million cell phones are taken out of service each year. Most of these discarded phones end up in landfills, leaking toxic metals and chemicals into the ground.
5. Recycle Paper in blue bins located near printers, including colored paper and envelopes... because recycling each ton of paper saves 60 lbs. of air pollution, 17 trees and 7,000 gallons of water.
4. Recycle plastic beverage containers and aluminum cans in break room receptacles...because recycled aluminum uses 95% less energy than aluminum made from virgin sources. And recycling a ton of plastic bottles saves 7.4 cubic yards of landfill space.
3. Turn off your monitor if you won't be using it for 20 minutes or more...because Kansas electric utilities emit over 200,000 tons of air pollution each year.
2. When you leave a meeting room or vacant break room turn off the lights because electric power plants pollute our air with toxic chemicals like Mercury and Dioxins.
1. Buy recycled content products because...recycling saves energy, conserves natural resources, prevents air and water pollution, and creates more jobs.

Get Caught !