

# Recycle

waste materials into  
new products.

Recycling

**15 glass bottles**  
saves enough energy

to power a  
laptop for  
**31.3 hours**

or run the  
A/C for  
**1 hour**

**Recycled  
paper**  
production creates



**74%**  
less air pollution

**35%**  
less water pollution

**20 recycled cans**  
can be made with the  
energy needed to  
produce one new can



**Every pound** of  
recycled plastic used

reduces energy  
use in plastic production

**84%**

and greenhouse  
gas emissions by

**71%**

## HOW YOU CAN HELP

### In Stores:

Shop for products **made  
with recycled materials.**

Buy items with **less  
packaging.**

Bring your own **bags.**

Buy only **what you  
need.**



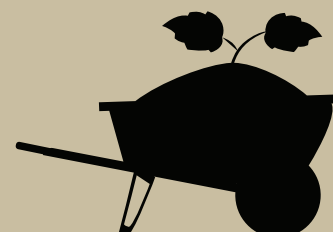
### At Home:

Ask to be **removed  
from paper mailing lists.**

Don't throw away  
anything that can be  
**reused or repaired.**

Donate unwanted  
electronics.

**Print on both  
sides of recycled  
paper** and use  
recycled paper.



**Compost** food scraps  
and yard waste.

In a lifetime, the average American  
will throw away **600 times their  
adult weight** in garbage

