

#YOUWEEN



# GO GREEN

Here are some PROtips on  
how to PROtect the planet

MAKE A DIFFERENCE



# RECYCLE

## Why should we recycle?

It's a fairly simple concept. When you transform something old into something new, it benefits the environment in a number of ways. Materials and natural resources aren't wasted. Energy is saved during the manufacturing process. There's less waste going to landfills. Not to mention, it helps keep wildlife safe.

According to Waste and Resources Action Programme only in UK recycling is decreasing CO2 emission up to 15 million tons per year

MAKE A DIFFERENCE

# TIPS FOR RECYCLING

- Make sure it's clean! One single dirty product can contaminate an entire bale.
- Flatten cardboard. This will save space in your bin and make room for more recycling.
- Set up designated recycling containers at home, work, and school.
- Look for products made out of recycled materials when you shop.
- Identify which types of plastic your building and neighborhood will accept.
- Before you recycle, think about reducing your waste and re-using items in a new way.
- Local artists and schools might be able to use your materials for their work and classes.
- Spread the word! Encourage others to recycle with you.



# REDUCE

**Why is it so important to reduce waste?**

## REDUCING

is the most important step. If you can avoid buying something, you don't have to figure out what to do with it later! Before purchasing, ask yourself:

- Do I really need this?
- Do I already have something similar?
- Can I rent or borrow instead?
- Is the item meant to be used once?
- Are there less wasteful alternatives?

We only have a limited amount of natural resources on this planet and a limited capacity to process waste. That is why it's important to do our part each day toward a better future.

**MAKE A DIFFERENCE**



# REUSE

## BEFORE YOU RECYCLE, CHOOSE TO REUSE

Reuse has several advantages over recycling:

- saves or delays purchasing and disposal costs
- conserves resources
- reduces the waste stream
- causes less pollution than recycling or making new products from virgin materials
- makes needed items available to those who can't afford to buy them new

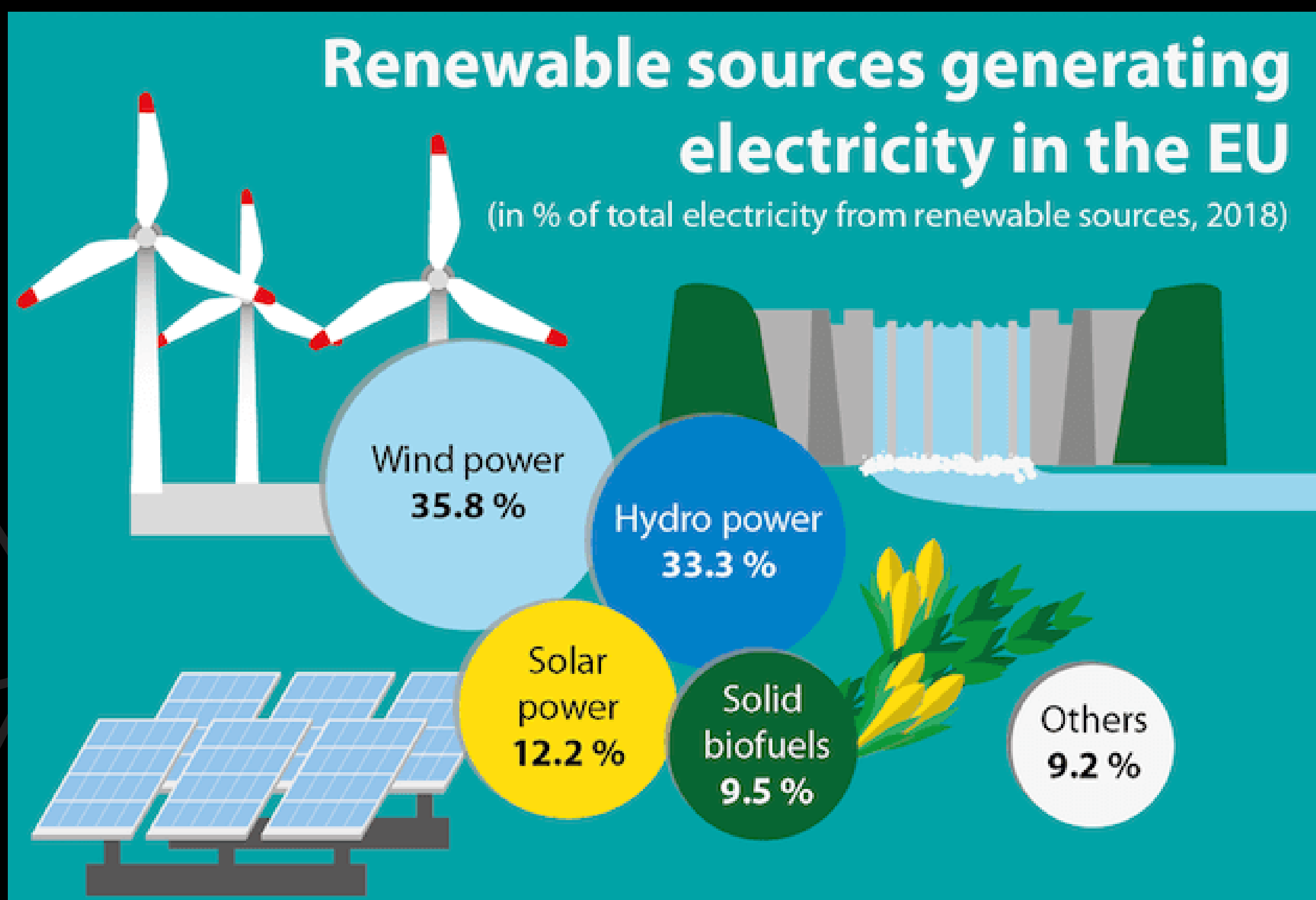
REUSING

is all about giving things a second life

# RENEWABLES

The most popular renewable energy sources currently are:

- Solar
- Wind
- Geothermal
- Biomass
- Low-impact hydroelectricity





# THE 3 BIGGEST BENEFITS OF RENEWABLE ENERGY

## Alternative energy will never run out

The first and most important benefit of using renewable energy is in its name – it is renewable. While fossil fuels will run out in 40-60 years, the sun will always shine, the wind will always blow, and the Earth will always have geothermal energy.

## Benefits of clean energy: it protects the environment

Why is renewable energy important? Because we only have one planet where we can live, so we need to protect it as much as possible.

Fossil fuels create greenhouse gases and pollutants. Using more fossil fuels means more harmful gases, which means more respiratory and cardiac health issues... and global warming.

## Saving money

Yes, renewable energy is not only good for the environment, but also for our purses.

Firstly, renewable energy plants need less maintenance. Secondly, because they are using sun, wind, steam, biomasses – they don't need to refuel. Thirdly, we do not have to rely on foreign energy sources. If we use renewable energy sources, we will be independent.



# PLANT A TREE

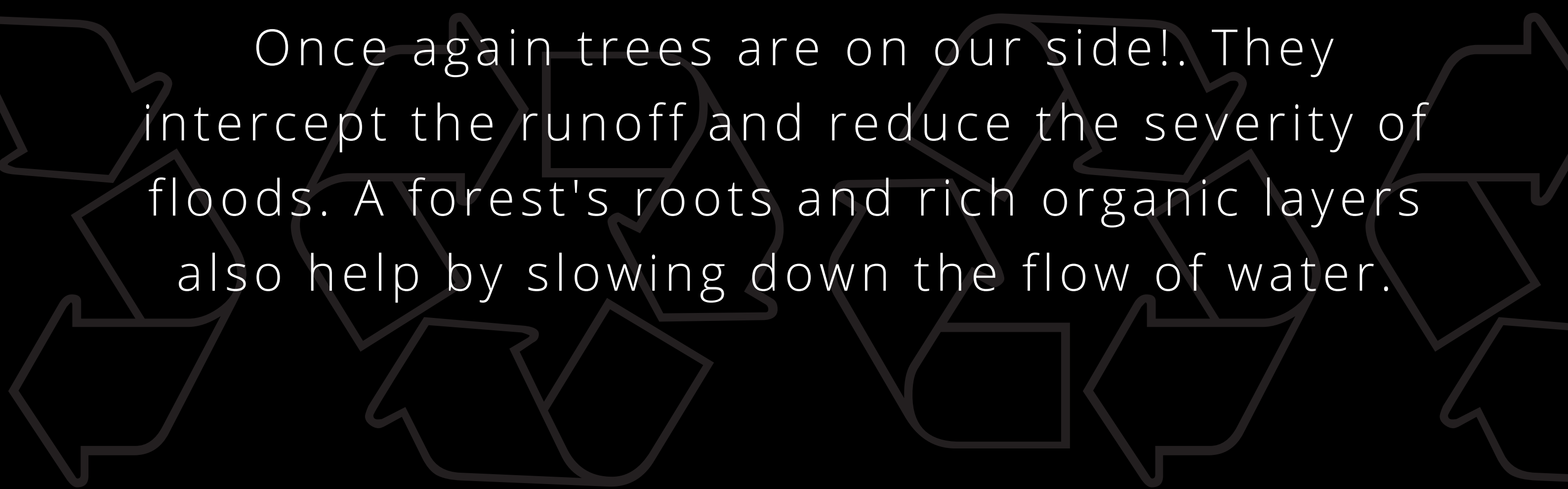
Sure, trees look beautiful, and we've probably all enjoyed a lovely walk through a forest. But their benefits go far beyond that. Here are some benefits of trees:

## **Energy Savings**

Did you know that trees can help lower your energy bills? During those chilly winter months, trees do us a great service by blocking strong winds from reaching our home, leading to reduced heating costs to the tune of 25% less.

## **Flood Protection and Lower Taxes**

Once again trees are on our side!. They intercept the runoff and reduce the severity of floods. A forest's roots and rich organic layers also help by slowing down the flow of water.





## **Reduced Stress**

We've heard about the benefits of being outside in nature – it's good for the body and the mind. The Japanese even have a special term for being surrounded by nature: Shinrin-yoku, or "forest bathing". But you don't have to venture outside to gain the benefits - even looking at trees from a window is proven to reduce stress, anxiety and improve wellbeing.

## **Improved Health**

Trees help to protect us from pollutants by acting as natural filters. Harmful heavy metals, nitrogen, potassium and phosphorus on our land surfaces can contaminate our water, but the roots absorb these pollutants.

## **Necessary Part of a Healthy Environment**

Trees and shrubs improve soil and water conservation, store carbon, moderate local climate by providing shade, regulate temperature extremes, increase wildlife habitat and improve the land's capacity to adapt to climate change. These are all benefits forests and shrubs offer the environment and in turn, us.

**MAKE A DIFFERENCE**