

Waste reduction & recycling facts

- North Americans use more than 67 million tonnes of paper per year – that's about 580 pounds per person!
- Every day, North American businesses generate enough paper to circle the earth 20 times.
- Manufacturing recycled paper uses 64 percent less energy and 58 percent less water than making new paper.
- Every tonne of recycled paper saves 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy, and 7,000 gallons of water.
- North Americans make up only 8 percent of the world's population, but consume one-third of the world's resources and produce almost half of the world's non-organic garbage.
- On average, Ontario residents throw away nine times their weight in garbage annually.
- One tree can filter up to 60 pounds of pollutants from the air each year.
- Garbage can take anywhere from a few weeks to thousands of years to decompose. Consider: A traffic ticket takes 2 to 4 weeks, a wool sock takes a year, an aluminum can lasts 200 to 250 years, and a glass bottle finally decomposes after about 1 million years.



**TRIM YOUR
WASTE**

*Thank You
for recycling and diverting
waste from landfills*



Go green at work

- **Walk, bike, carpool, or take public transit to work.** You'll save money and a piece of the planet.
- **Use reusable coffee mugs at the office and the coffee shop instead of disposable.** Styrofoam takes thousands of years to breakdown in landfills and most paper coffee cups cannot be recycled.
- **Go litterless for lunch.** Pack your midday meal in refillable containers and use metal cutlery instead of plastic.
- **Buy environmentally friendly products** that have little or no packaging, last a long time, and are reusable or recyclable.
- **Bring your own reusable bags for shopping.** Plastic bags take 100 years to break down in a landfill.
- **Save paper whenever possible.** Print on both sides of paper, send documents by email, proofread before printing, and recycle.
- **Reduce your energy consumption.** Turn off your computer monitor, printers, copy machines, and the lights at the end of the day.
- **Educate yourself.** Know what can be recycled and what can't.
- **Whenever possible, take the stairs.**

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