



AM 1090 Eco-Minute: It's Easy Being Green

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1 Green step at a time – From the folks at [World Watch -Nourishing the Planet](#), some simple steps to going green in 2012:

- (1) Recycle: According to the EPA, for each pound of aluminum recovered, Americans save the energy resources necessary to power a city the size of Pittsburgh for six years!
- (2) Turn off the lights when you walk out of an empty room – and
- (3) Make the switch from incandescent to Compact fluorescent lamps – they're getting better and better
- (4) Turn on the tap and put down that plastic bottle: 75 percent of water bottles are not recycled—they end up in landfills and our oceans. We've got a wonderful watershed here and delicious tap water
- (5) Support your local food recovery program – Food life line and northwest harvest – they leave nothing wasted – – call them up to volunteer or send money