

Call for Cradle-to-Cradle Product Lifestyle

MATERIAL	ENERGY COST TO PRODUCE \$1,000 WORTH	GREENHOUSE GASES PRODUCED	AMOUNT RECYCLED	LANDFILL LIFESPAN	ALTERNATIVES
Paper	10,611 kilowatt-hours (kWh)	3,373 pounds	63.5 percent (2010)	2 to 4 weeks	Use recycled and scrap paper and limit printing.
Glass containers	7,778 kWh	3,373 pounds	33.4 percent (2010)	1 million years	Recycle or reuse glass bottles and jars as glassware or to store food.
Plastic bottles	6,361 kWh	2,910 pounds	28 percent HDPE bottles; 29 percent PET bottles (2010)*	450 years	Save money by choosing refillable bottles over throwaways.
Plastic bags and film	5,889 kWh	2,712 pounds	12 percent (2010)	Up to 1,000 years or more	Use washable cloth shopping bags and non-plastic food storage containers.
Carpets and rugs	5,083 kWh	2,469 pounds	8.1 percent (2009)	Up to 20,000 years	Use individual carpet tiles or carpet that meets Carpet Area Recovery Effort (CARE) standards.
Soaps and cleaners	3,500 kWh	1,715 pounds	Not applicable	Toxins from cleaners can contaminate water supplies.	Recycle plastic bottles and use biodegradable cleaners.
Light bulbs and parts	2,328 kWh	1,023 pounds	2 to 6.7 percent of household CFLs (2009)*	Up to 1,000 years or more	Use CFL and LED energy-efficient lights and recycle CFLs at major hardware stores or check <i>Earth911.com</i> .* Consider solar exterior lights.
Mattresses	2,281 kWh	1,122 pounds	Less than 10 percent (2012)	Up to 1,000 years or more	Buy organic mattresses and recycle old ones (<i>Earth911.com</i>).
Computers	1,183 kWh	586 pounds	38 percent (2009)	Up to 1,000 years or more	Look for recycled content in electronics and recycle equipment. See <i>Earth911.com</i> .
Cell phones and other devices	1,322 kWh	665 pounds	8 percent (2009)	Up to 1,000 years or more	Only upgrade when needed. Trade old phone in to recycle (<i>SecureTradeIn.com</i>) or donate to charity (<i>ReCellular.com</i>).

*HDPE means high density polyethylene; PET means polyethylene terephthalate; CFL means compact fluorescent lamp (or light); LED means light-emitting diode. Additional sources include *epa.gov*, *PaperRecycles.org* and *ProductStewardship.us*.



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