



King County

It's easy  
being green

**Choices  
you can make  
throughout  
your day  
to create a  
healthier planet**



[kingcounty.gov /beinggreen](http://kingcounty.gov/beinggreen)



**Easy everyday actions can make a big difference** in helping King County's environment and improving the sustainability of our communities. Simple choices for how you get to work, what you buy, what you eat, what you throw away, and how you conserve energy and other resources at home can add up to a healthier experience for all of us. Here are a few simple steps to help you live the healthiest day. Additional resources can be found at [kingcounty.gov/beinggreen](http://kingcounty.gov/beinggreen)

**Eat your veggies!**

Shifting from a meat oriented diet to a plant based diet... can reduce your climate footprint equal to weatherizing your home!

**Choose recycled products**  
One ton (about 50 boxes) of 100% recycled paper saves:

<b>4,100 kWh of energy</b>	<b>7,000 gallons of water</b>	<b>60 lbs. of air emissions</b>	<b>3 cubic yards of landfill space</b>
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**Puget Sound is in trouble!** Cars and trucks are a major stormwater source pollution. Keep your car tuned.

**King County Metro Transit** has more than 200 bus routes that you can use for commuting, running errands, or going someplace fun.



**What's in our landfills**

Recyclables	Compostables	Trash
50%	30%	20%

Food scraps and yard waste get turned into compost. Use compost in your yard to improve soil.

Healthy forest, parks, and natural areas help keep our air and water clean and reduce our climate footprint. When you connect with nature, you feel better and have opportunities for physical activity.

Explore King County Parks' **Your Big Backyard** 200 parks and 26,000 acres of open space. Get outside. Plant a tree. Experience nature.

**Don't flush trouble**  
King County wastewater treatment plants screen out several hundred tons of trash each year!

"Flushable" wipes and other products clog our sewer lines and damage equipment. These problems are expensive to fix and cause raw sewage overflows. So, think trash, not toilets!

See back for a list of King County's green resources.



**King County Green Resources** Visit the It's Easy Being Green website for links to all these King County programs and other green resources: [kingcounty.gov/beinggreen](http://kingcounty.gov/beinggreen)



### Consumer Choices

**What do I do with?** website offers information on how to recycle, re-use or properly dispose of nearly 100 categories of items—from electronics to propane tanks.

**King County's EcoConsumer Program** offers resources to help balance consuming with conserving.

**Safely dispose of your left over or expired medications** at a pharmacy or law enforcement office.

**Choosing environmentally friendly**, biodegradable household cleaning and personal care products minimizes the entry of harmful chemicals into the environment.

### Food Choices

**Food scraps and food-soiled paper** make up more than 30 percent of residential garbage. Learn how to recycle food scraps in your curbside yard waste cart.

**King County farmers** grow fresh food year 'round with nearly 1,500 farms across the County and more than three dozen farmers markets. Buying locally supports King County's agricultural community.

### Household Choices

**Eco-Cool Remodel Tool** provides remodeling tips for healthy, comfortable spaces that can save you money, increase your home's value and help protect the environment.

**King County's GreenTools Program** helps builders, residents, businesses, governments and others create green buildings and sustainable infrastructure. GreenTools also provides technical assistance, hands-on training and grants.

**Using fluorescent bulbs** and tubes are great ways to save energy but they contain dangerous mercury and must be properly recycled.

### Commuting Choices

**Ride the bus** instead of driving alone and you'll reduce greenhouse gases and the amount of green leaving your wallet.

**Join or start a Metro vanpool** Metro's Vanpool Program has low monthly fares that include gas, insurance, maintenance and roadside service.

**Try carpooling** Share the ride with neighbors and friends to save gas and other commute costs—and use the carpool lane to zip past traffic. It's easy to find a rideshare partner.

### Leisure Choices

**Volunteer to restore habitat** in a King County park or natural area. Learn about and explore the nature that lies just outside your door.

**King County offers plenty of pesticide-free outdoor places** where kids and pets can safely play.

**Plant right for your site** using native vegetation that looks great and requires little or no maintenance. You save both time and money when you use native plants and trees, plus they need fewer potentially harmful pesticides.

**Learn how climate change** could impact your forest and discover solutions for your property on our Forestry Climate Preparedness and Response website.

**Choose from more than 700 environmentally responsible businesses**, including landscapers, car repair shops, dry cleaners and dentists that display the EnviroStars decal. This shows they're certified for environmentally responsible practices and reducing hazardous materials.

### Choices at Work

**Consider creating an office supplies exchange at work.**

**Take the stairs!** Getting out of the elevator and taking the stairs keeps you active and cuts energy.



"Small choices can add up to big changes. The future is in our hands – please join me in keeping King County green. With these steps, it's easy!"

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