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| **Monday, February 24, 2014 140224-1**  **In this Issue:**  **Metro Monthly Green Tips: February 2014** |
| **Metro Monthly Green Tips: February 2014**  Green tips are applicable any time of the year both at home and at work. This month’s green tips focuses on choices and actions you can implement in no time – Leap Year or not! Going green all at once can be difficult. Instead, opt to gradually apply a few more tips to your daily routine over the passing months. It may surprise you how many changes and new habits you can make.   1. **Dine at Home:**   Home-cooked meals help reduce transportation and agricultural demands that have a significant impact on our environment. Those with green thumbs can even *“grow the extra mile”* and harvest produce grown in their own backyards for a fresh feast.  **2. Compost:**  It is never too late to compost. The average household produces more than 200 pounds of kitchen waste every year. You’d be surprised to know how much you can compost around the house. With the exception of meat and meat products, dairy products, and high-fat foods, you can compost pretty much anything. Some common compostable household wastes include: shredded paper, newsprint, toilet paper rolls, coffee filters, and even dryer lint.    **3. Check Your Tire Pressure:**  Prior to commuting to work, take the time to check the air pressure in your tires. The pounds per inch should be printed on the side of your tires. This is important because if the air pressure in your tires is below where it should be, you are actually increasing the amount of fuel you use, which both negatively impacts the environment and our wallets.  By implementing this month’s green tips into your daily routine, you’ll help contribute to a more sustainable future! | |
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