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| **Tuesday, May 20, 2014 140520-1**  **In this Issue:**  **Metro Monthly Green Tips: May 2014** |
| **Metro Monthly Green Tips: May 2014**  May is a month blooming with opportunities to go green and live a healthier, more sustainable lifestyle. Not only is May National Bike Month, but it has multiple holidays to celebrate the environment, including: Love a Tree Day and National Bike to Work Day (May 16th), and Learn about Composting Day (May 29th).  **1. *“I Want to Ride My Bicycle!”***  According to the National Center for Safe Routes to School, if 20% of people living within two miles of school or work were to bike or walk instead, it would save 4.3 million miles of driving per day. Over a year, that saved driving would prevent 356,000 tons of carbon dioxide and 21,500 tons of other pollutants from being emitted. This May, in addition to biking to work, encourage your neighbors and coworkers to try riding somewhere instead of driving. It doesn’t have to be far either. Make it easy on yourself. You can bike to a store, restaurant, park, visit a nearby friend, or whatever you desire. Just remember that every bike trip counts. Not only is it better for you and the planet, but it’s better for your wallet as well. Visit [here](http://www.metro.net/bikes/bikes-metro/safe-bicycling-tips/) and [here](http://www.cicle.org/learn-to-ride/bicyclists-tips) for safe riding tips.  **2. Tree Time**  Did you know that the shade and wind buffering that trees provide can reduce annual heating and cooling costs by 2.1 billion dollars? Now that’s a lot of paper! Even though Arbor Day was just last month, planting another tree never hurt. Whether in your garden, in your neighborhood, or with your coworkers at a community park, planting trees can help improve air quality and help with energy conservation.  **3. Let’s Talk Compost**  Learn about Composting Day, which is May 29th, is a great way to educate others about the environmental and economic benefits of composting. Not only is it easy to do, but you would be surprised what can be composted, from garden and yard vegetation to most kitchen scraps, and even paper products. To take it one step further, you can participate in some of the following activities:   * Incorporate composting in a science lesson for children as a part an interactive learning experience. * Restaurants and other businesses can opt to start a composting program, hold staff training, and even partner with local farmers and farmers markets.   By implementing this month’s green tips into your daily life, you’ll help contribute to a healthier, greener environment. | |
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