If you look at the big picture of what it takes to create a product from scratch -- to get the raw materials, transport them, process them and manufacture them -- making goods with recycled material like paper, plastic, glass, and metal is a major energy saver.

Paper:

* One ton of recycled office paper saves 4,100 kWh of energy
* One ton of recycled newsprint saves 601 kWh of energy
* One ton of cardboard saves 390 kWh of energy

Aluminum Cans:

* A ton of soda cans made with recycled aluminum saves 21,000 kilowatt hours

Steel:

* One ton of recycled steel saves 642 kWh of energy

Plastic containers:

* A ton of PET plastic containers made with recycled plastic conserves about 7,200 kilowatt hours.
* One ton of recycled plastic saves 5,774 kWh of energy,

Glass Bottles:

* one glass bottle saves enough energy to light a 100-watt light bulb for four hours.
* One ton of recycled glass saves 42 kWh of energy