

Reduce, Reuse Recycle

REDUCE

Turn off lights, radios, televisions, and other electric equipment which is not in use.

Use both sides of a piece of paper, reducing your paper consumption by 50%.

Draw, paint, and write on recycled paper.

Buy only paints, markers, and glues which are water based.

Open cans and sharpen pencils by hand.

Use fans instead of air conditioners.

Use the stairs rather than an elevator.

Bike, walk, or use public transportation rather than driving a car.

Involve others. Tell family and friends about ways they can reduce their use of products which harm our world. Write letters to government officials, senators and representatives, letting them know how you feel.

Turn the water off while you brush your teeth.

Dry clothes on a clothes line or rack instead of in the dryer.

Join a car pool if other options are not available.

Try to buy organic foods that don't use pesticides or chemical additives.

Start a compost pile for your food scraps (not including meat) and lawn clippings.

Don't buy products from the rain forest regions that hurt its natural growth. Furniture made from mahogany, teak, rosewood, and ebony and beef products raised in the rain forest, are two main problems.

Do buy products from the rain forest which rely on the natural growth of the rain forest. Bananas, pineapples, chocolate, vanilla, Brazil nuts, cashews, and some medicines, perfumes, and gum are on this list.

Avoid buying heavily packaged products or items wrapped in plastic film.

Safely clean up litter around the neighborhood (wear gloves and have an adult help out).

Try not to buy or use things which are used once and then thrown away. These items include paper and Styrofoam cups, bowls, and plates. Plastic flatware, bowls, and plates are also generally used just once.

Use towels, cloth napkins, and rags in place of paper towels and paper napkins.

Avoid using aerosol spray cans and Styrofoam. Instead buy products in pump sprays and those made from biodegradable foam.

Reduce your overall use of plastic packaging, dispose of it properly, recycling when possible, and cut a slit in the rings of a plastic six pack drink holder before throwing it away. Birds and fish are often trapped by the rings and die.

Carry your own cloth bags to the grocery store for bagging, or reuse paper and plastic bags.

Avoid fast food restaurants which use a lot of Styrofoam and paper packaging.

Regularly plan some vegetarian meals into your overall diet.

Boil water in a pan with the lid on. This heats the water more quickly and saves energy.

Plant trees, which help absorb carbon dioxide and give shade reducing the need for air conditioners.

Use a reduced flow shower head.

Use rechargeable batteries.

Give used toys, clothes, and books to organizations that will distribute them to people who need them.

Adopt an animal through a zoo or other animal organization.

Properly insulate your house (some of these activities are as simple as adding strip insulation to windows or draft guards to doors) < necessary, made repairs with checked, system heating hold house and car family the >

Buy energy saving bulbs (usually these cost more, but they have a longer lifetime).

Use cloth diapers rather than disposables. If this seems like a daunting task, plan to use disposables at the most difficult times such as while traveling or at night. Use the cloth diapers for at home awake tim

REUSE

Reuse: Projects using recycled item Make A Water Saver

You will need:

plastic milk or juice jug with its lid (no larger than 1 quart)

rocks

water

First wash out the jug. Soak off any label. Place a few rocks into the jug. Fill the jug with water and put its cap on tightly. Now place the bottle in the tank of your toilet. This not only reuses the plastic bottle, but it reduces the amount of water your family uses with each flush. It is also better for your plumbing system than placing a brick in the toilet tank.

Build A Bird House

You will need:

empty half-gallon milk carton

scissors

about 2' of wire (such as electrical wire)

hammer and nails

waterproof packing tape

dried grass

Open both sides of the top of the carton and wash it thoroughly. Dry it out. Two or three inches below the open end, use the scissors to cut a hole about 2" in diameter. This makes the opening for the birds to enter.

On the side opposite the opening, make two pencil marks one above the other. One mark should be 1/3 of the way down the middle of carton from the top. The second mark should be 1/3 of the way up the middle of the carton from the bottom. Thread the wire through the two holes so that the ends of the wire are on the outside of the house.

Place the dry grass in the bottom of the carton. Fold the top of the carton back together and use the packing tape to seal it shut.

Outside on a pole or tree hammer the two nails one above the other about 1' apart. Wrap the wire at the top of the house around the top nail. Wrap the wire from the bottom hole around the bottom nail, securing the bird house to the tree.

Reused Picnic Or Bathroom Cups

You will need:

washed yogurt cups

indelible markers (optional)

Wash out and save individual or lunch box sized yogurt cups. If you would like, use the indelible markers to decorate the cups, write an Earth Day message on them, or to write each person's name on their cup. Once you have saved enough for each person in your family, set them in the bathroom or take them on an outing in place of paper or Styrofoam cups. Remind each person to rinse, save, and recycle their cup. Or better yet, wash and use them again.

Create A Collection Box

You will need:

an empty egg carton

white glue

paper scraps

buttons or sequins

crayons

other craft materials

Start by wiping out the egg carton. Use the craft materials to decorate the outside of the egg carton anyway you like. Once the carton is dry, use it to sort and save small collectable items. Rocks, coins, bottle caps, marbles, and buttons are just some of the items you might enjoy collecting and sorting.

RECYCLE

Aluminum and glass are two of the most easily recycled materials.

Paper is another easily recycled product and it is naturally biodegradable. In one year, the average American uses as much wood through the use of paper as an average person in a developing country burns for heat.

Plastic is difficult to recycle and can never be broken back down into the resource it came from, oil. While we should recycle all the plastic we can, the best way to help the earth is to avoid purchasing items made of plastic or packaged in plastic.

The average American produces about 3.5 pounds of trash a day, 39% of this trash is usually paper, 7 % plastic, 9 % metal, and 9 % glass. Most of these items can be recycled. That means more than half our trash is usually recyclable.

Another 8% of our trash is food items and 18% is often yard waste, most of which could be composted and mixed into the soil for home gardens, yards, plant boxes, and other potted plants.

If everyone recycled and composted we would have as much as a 65% reduction in materials going to our landfills, perhaps even more.