



Recycling Tips from A to Z

Avoid fast food. Most fast food is over-packaged in containers that will take forever to break down. Help keep that mountain of trash out of the landfill.

Buy recycled products. Read labels carefully to determine if a product is made from recycled materials. Did you know that products marked "recyclable" are not necessarily made from recycled materials? Good things come in less packaging!

Change a light bulb. Consider replacing standard light bulbs with compact fluorescent ones and you will get more light for less money.

Don't buy aerosols. Aerosols cannot be recycled so they will fill up the landfill. Look for spray bottles, powders and roll-ons.

Eating food from your garden is not only better for your health but also good for the environment. Plant a garden and brush up on food preservation skills too.

Find out how to dispose of hazardous waste. Many landfills have a special time designated each month for the disposal of things like old paint cans, used motor oil, and unused pesticides and weed killers. If you dump any of these items down the drain, you will pollute the water supply.

Get water from the tap. While it may be necessary to filter contaminants from your tap water, the filtered water will be much better for you than using bottled water- and you will be doing your part to keep all of the beverage bottles out of the landfill.

Have a green picnic. Instead of lighter fluid, use an electric started. Avoid using paper and plastic plates or utensils. Use separate trash bags to collect paper, glass, and aluminum. Just because you are outdoors does not mean you can't recycle.

Identify energy wasters. Get your family members to tour the inside and outside of your home and look for ways to save energy. (Example: turning off lights, fix dripping water faucets...)

Join an environmental group. Get involved in your community and encourage family and friends to do their part.



Keep the car at home. Whenever possible walk or ride a bike to complete errands. More communities are constructing bike paths and adding signage to make bicycling safer. An added benefit to this tip is that you will be exercising regularly while saving money.

Look at labels. Is it hazardous? Also check to see if the packaging or the product inside is made from recycled materials.

Make scratch pads from paper that has already been written on one side. This can help to literally save a ton of paper.

Say **N**o to paper and plastic bags at the supermarket. Bring your own bags along. They are typically stronger and definitely more “green”.

Observe the 3 R’s- Reduce, Reuse, Recycle

Plant a tree. Not only do trees add beauty to the landscape, but in a few years the shade provided can save energy as well.

Quit throwing away batteries. Hazardous materials can get into the water supply. Use rechargeable batteries whenever possible and when those are worn out take them to the hazardous waste collection site.



Recycle everything. Set up storage bins at home to collect newspaper, glass, aluminum, plastics, and cardboard. Recycle food wastes by starting a compost site.

Stop a leak. Consider organizing a stop a leak day where family members tighten, insulate, replace, caulk, or does whatever else to make their water seals tight.

Turn off the lights. Add stickers to light switches to help remind family members to turn off the lights when leaving an area.

Use recycled paper and other recycled products whenever possible.

Visit the recycling center in your community. Ask for a list of items they accept.

Write a letter. If a company is doing something you don’t like let them know. If they get enough responses things just might change!

EXamine the world around you. Try to make everything you do “earth friendly”.

Yell at a litterer. (Well maybe don’t yell, but you should say something!) Remind the person how unsightly scattered trash is and how bad it is for the environment.

Zero in on specifics. Choose one or two issues to get really serious about. Don’t try to do everything at once.

Source: Internet site <http://geocities.com>

