

Reduce, Reuse, Recycle

Be part of the solution, not the problem. – By Khelri' Jhovahn, HR Department

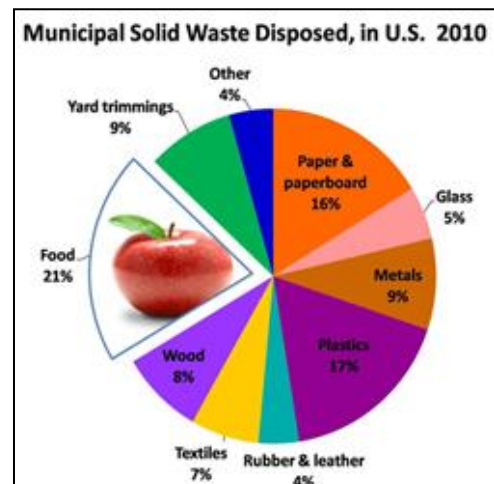
	<p><i>How much garbage do you contribute to the world in five days?</i></p> <p><i>The Employee Green Team participated in the Zero Waste Challenge for Earth Week. For five days, we carried around a bag of our trash and made sure the rest of our materials were properly recycled, reused, or composted. The images show their zero waste bags on Day 5.</i></p>
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Did you know?

- Americans make more than 200 million tons of garbage each year.
- The EPA estimates that 75% of the American waste stream is recyclable, but we only recycle about 30% of it.
- We generate 21.5 million tons of food waste each year. If we composted that food, it would reduce the same amount of greenhouse gas as taking 2 million cars off the road.
- Recycling one aluminum can saves enough energy to listen to a full album on your iPod. Recycling 100 cans could light your bedroom for two whole weeks.

What you can do:

- Buy in bulk whenever possible.
- Shop with an eye for packaging, and try to buy only products with minimal or recyclable packaging.
- Compost your kitchen scraps. (Or try worm composting for those in small abodes.)
- Eat whole foods, not packaged ones.
- Make your own simple cleaning supplies, or buy ones that are concentrated.
- Use reusable shopping bags and produce bags.
- Buy used whenever possible (especially children's items).
- Have less stuff (and learn to love it)!



- Buy reusable water bottles (for your kids, too), rather than buying water in plastic bottles.
- Before recycling household paper, turn it into note-sized paper for grocery lists, to-do's, etc.
- When something is broken, try to repair it before buying a replacement.
- Bring your own travel mug to your local coffee shop (and when you're planning to sit and sip, ask for a mug rather than a paper cup).
- Use rechargeable batteries.
- Use electric shavers (or at least use razors with replaceable heads, rather than disposables).
- Choose to have your bills and bank statements sent to you online, instead of by mail.
- Have your printer ink cartridges refilled instead of purchasing new ones.
- If you need an item for a short time only, see if you can borrow it from someone.
- Get a reusable coffee filter to replace your paper filters.
- Save and reuse all gift bags and tissue paper from gifts that you receive.
- Give away or sell things you don't need.

**Love,
Your Employee Green Team**

References: <https://www.dosomething.org/facts/11-facts-about-recycling>
<https://www.populationmedia.org>
<https://holdouts.wordpress.com/tag/great-pacific-ocean-garbage/>
<http://www.keeperofthehome.org>