

## **Glass Bottles**

Glass can be recycled forever. In fact, most bottles and jars are made from recycled glass. Glass is recycled into dishes, jewelry, drinking glasses and more!

*The energy saved from recycling 1 glass bottle is enough to light a 100-watt bulb for 4 hours.*

## **Repair Bicycle**

Bicycles can often be repaired with little effort. Instead of throwing them in the trash, give them to someone who can repair them. Many times, discarded bicycles are repaired and provided to children who do not have one.

## **Buy Recycled**

Recycling is a continuous loop that works only if the collected materials are turned into products that are bought and used again. Buying products that are made from recycled materials keeps the cycle going.

## **Compact Fluorescent Light Bulb**

The energy used by your lights can be reduced by 50%-70% when you replace standard light bulbs with Compact Fluorescent Lights (CFLs).

*Ever felt how hot standard bulbs get? That's all the energy that is wasted as heat.*

## **Earthworm**

Worm composting or "vermicomposting" is a form of recycling. Worms eat food scraps and leave behind dark castings that is a nitrogen-rich natural fertilizer.

*One pound of red worms can consume one-half pound of food waste every day.*

## **Composting**

Composting organic materials such as food & yard wastes reduces the amount that goes to landfills and recycles them into a great natural fertilizer!

*Americans throw away 10% of the food they buy each year. That's about 21 million shopping bags full of food.*

## **Rechargeable Battery**

Rechargeable batteries last much longer than conventional batteries. Just remember...unplug the charger when it is not being used.

*A battery charger will continue to use energy as long as it is plugged in.*

## **Aluminum Cans**

95% of the energy needed to produce new aluminum is saved by recycling.

*Recycling 1 can saves the energy to run a TV for 3 hours.*

*The average aluminum can has been remelted and is back on the supermarket shelves in only 6 weeks.*

## **Gift Wrap**

Re-use the Sunday comics to wrap gifts instead of buying gift wrap.

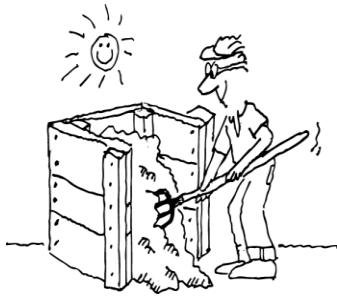
*Remember to recycle the Sunday comics when they are no longer being used.*

*Recycled paper can be made into paper towels, egg cartons, notebook paper, envelopes, & even kitty litter.*

## **Garbage Truck**

The average American throws away 4.5 pounds of trash a day. This means that we produce enough trash to fill 63,000 garbage trucks each day.

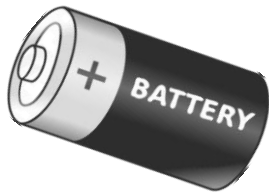
*A typical residential garbage truck will hold between 9 and 11 tons of waste.*



**Composting**



**Glass  
Bottles**



**Rechargeable Battery**



**Repair Bicycle**



**Aluminum Cans**



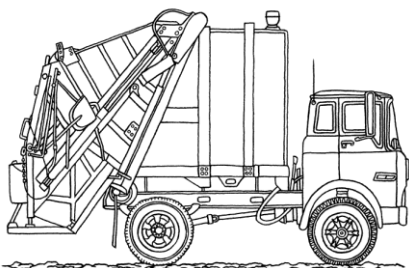
**Buy Recycled**



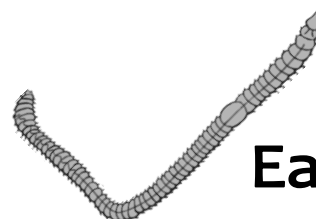
**Gift Wrap**



**Compact  
Fluorescent  
Light Bulb**



**Garbage Truck**



**Earthworm**

## **Paper Products**

Each year, Americans use 85 million tons of paper; that's 680 pounds per person.

*Recycling a 3 ft. tall stack of newspapers saves one tree.*

*One ton of recycled paper can save 17 trees, 380 gallons of oil, 3 cubic yards of landfill space, 4,000 kilowatts of energy, and 7,000 gallons of water.*

## **Junk Mail**

The average household throws away 13,000 separate pieces of paper yearly. Most is unwanted catalogs and brochures that come in the mail every day.

*Visit [www.catalogchoice.org](http://www.catalogchoice.org) to remove yourself from mailing lists.*

## **Recycle Symbol**

The "recycle" symbol is three arrows forming a circle or triangle. A product that is labeled as "recycled", has been produced, at least in part, from recycled materials. When it says "recyclable", that means it can be recycled.

## **Plastic Bottles**

Americans use 25 billion plastic bottles every year. Plastic bottles are recycled into clothing, toys, sleeping bag fiberfill, carpet, lumber and more!

*Recycled plastic lumber holds nails and screws as well as wood. It is maintenance free and lasts for 50 years.*

## **Landfill**

The number of landfills and the amount of available landfill capacity are declining. About two-thirds of the material going into landfills is degradable.

*Practice reduce-reuse-recycle every day to reduce the amount of solid waste (trash) that goes to a landfill.*

## **Turn Off Lights**

Flipping off the lights when leaving the room is the easiest way to start saving energy.

*Approximately 15% of the home energy bill is just for the lights.*

## **Motor Oil**

Oil never wears out...it just gets dirty. When used oil is poured onto the ground or down a storm sewer, it can contaminate your drinking water source.

*One quart of oil can pollute 250,000 gallons of water.*

*Americans use over 1 billion gallons of oil each year.*

## **Refrigerator Door**

Save energy by thinking about what you want to eat or drink before opening the refrigerator or freezer doors.

*Oven doors can loose a lot of energy too! Let the oven do its job and check the food less frequently.*

## **Tin Cans**

Americans use 100 million tin cans every day. Tin cans are actually 99% steel, with a thin layer of tin added to prevent rusting.

*Tin cans that are made from recycled steel take only one-fourth of the energy that is needed to make them from new steel.*

## **Paint Can**

Never pour paint onto the ground or down a storm sewer. This could pollute your groundwater, lakes, rivers or streams.

*Dispose of unwanted paint at household hazardous waste collection days or donate the paint to a local charity or a Habitat for Humanity chapter.*



Turn  
Off  
Lights



Paper Products



Motor Oil



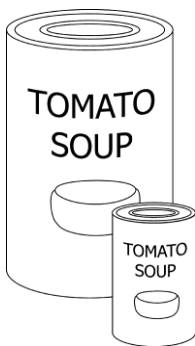
Junk Mail



Refrigerator  
Door



Recycle  
Symbol



Tin  
Cans



Plastic  
Bottles



Paint  
Can



Landfill

## **School Bus**

Many school buses run on fuel made from soybeans called biodiesel. It is good for the environment as it has fewer harmful emissions than petroleum diesel and soybeans are a renewable resource.

*Illinois is the 2<sup>nd</sup> largest soybean producer in the U.S.*

## **Earth**

Earth is often called “the water planet” as  $\frac{3}{4}$  of the planet is covered with water. 97% of Earth’s water is salt water. The remaining 3% is freshwater, but less than 1% of this is available for daily use. Most of Earth’s fresh water is locked in glacial areas.

## **Reusable Container**

Use reusable containers to store food in your refrigerator instead of wrapping food in aluminum foil or plastic wrap.

Take your lunch to school in containers that can be washed and used again. Get out of the throw it all away habit.

## **Toilet**

Don’t flush them down the toilet! Expired or unused drugs should never be flushed as they can get into our drinking water supply.

*Residue from prescription drugs has been found in 80% of the U.S. waterways and groundwater.*

## **Solar Energy**

Much of a home’s energy use is for heating, lighting, and cooling. Use the sun to help heat and light your home.

*Open the blinds when the sun is shining to help with warming your home (in the winter). Be sure to close them when you want to keep it cooler (in the summer).*

## **Share the Ride**

Every car that is not on the road makes a difference. If you live close enough, walk or ride a bike to school. If you live further away, take the bus or carpool. Share a ride with a friend when attending school and community events.

## **Corn Plant**

Corn is used to power your vehicles. Ethanol is a clean-burning fuel that is made from plants, primarily corn. It is mixed with gasoline, a petroleum product, to help extend our fuel supply.

*Illinois is the largest producer of ethanol and the 2nd largest producer of corn in the U.S.*

## **Reusable Tote Bag**

Reduce the number of paper and plastic bags your family uses. Carry cloth reusable tote bags to the store.

*Approximately 10 billion brown paper bags and 100 billion plastic bags are used each year in the U.S. Over 14 million trees and 12 million barrels of oil are needed to make these bags.*

## **Toothbrush**

One of the easiest ways to conserve water is to turn off the water while brushing your teeth. This will save 2-5 gallons of water per day.

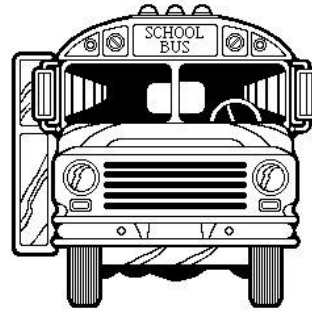
*Does your faucet drip even when it is shut off? A small leak can waste 300 or more gallons of water per month.*

## **Fossil Fuels**

Fossil fuels are non-renewable energy sources. Non-renewable means that when they are used, they don’t come back. Non-renewable fossil fuels are coal, natural gas and crude oil.



**Share the Ride**



**School Bus**



**Corn Plant**



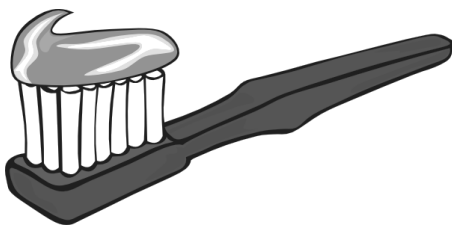
**Earth**



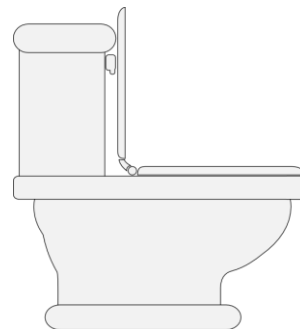
**Reusable Tote Bag**



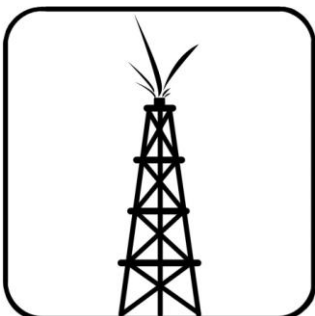
**Reusable Container**



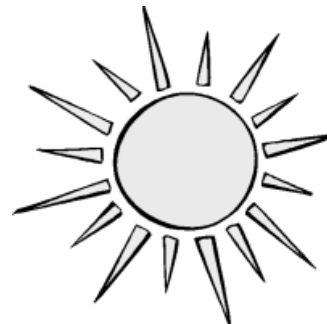
**Toothbrush**



**Toilet**



**Fossil Fuels**



**Solar Energy**

## **Water Faucet**

Try drinking tap water instead of bottled water. It is just as healthy and you will not be wasting all that plastic packaging.

*Americans threw away 38 billion water bottles in 2006...that's 1.5 million barrels of oil that were used to produce the bottles.*

## **Thermostat**

Help your home be more energy efficient. Lower the temperature setting when the heat is on. Turn it down further when you go to bed or will be gone for several hours.

*If you are chilly when the thermostat is turned down, put on an extra sweater or wrap up in a blanket.*

## **Power Cord**

Unplug electronic appliances and chargers when they are not in use. They use power even when they are not running.

*Battery chargers are wasteful. They use up 20 times more energy than they need to charge something.*

## **Styrofoam Cup**

Styrofoam is a non-recyclable plastic that is used for insulation, dinnerware, packing materials, and food service containers.

*Americans throw away 25 billion Styrofoam cups yearly.*

*An alternative to Styrofoam is plastics made from corn. They are renewable and biodegradable.*

## **Renewable Energy**

Renewable energy is energy that can be used over and over again. Some sources of renewable energy include: wind power; hydropower (water); solar power (sun); and biomass (plant materials such as corn and soybeans)

## **Tires**

Never throw a tire away. Tires can be recycled and made into playground mulch, flooring, shoes, landscaping pavers, and even purses!

*It takes half a barrel of crude oil to produce the rubber for just one truck tire.*

## **Electronics**

Discarded computers, televisions, cell phones, and other consumer electronics are called "e-waste." It is the fastest growing portion of our waste stream.

*Before throwing away, see if there is a local charity that recycles used electronics.*

## **ENERGY STAR Symbol**

Help your parents shop for energy saving appliances. Look for the "Energy Star" label on things like dishwashers, refrigerators and washers.

*"Energy Star" appliances can use between 15% and 50% less energy than regular appliances.*

## **Appliance**

Appliances that are no longer usable can be taken to a recycling center.

They are used for parts and the plastic and metal in them is recycled.

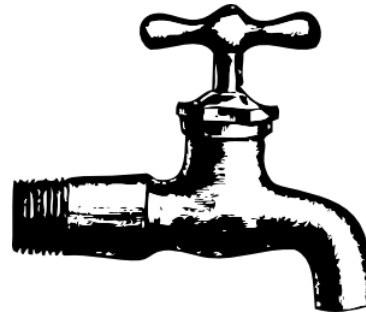
*When replacing these appliances, consider purchasing ones that have the "Energy Star" label.*

## **Plant A Tree**

Trees are important to the environment as they produce oxygen. The fruits and nuts from trees are a food source for people and animals. Trees provide shade to help cool the earth.



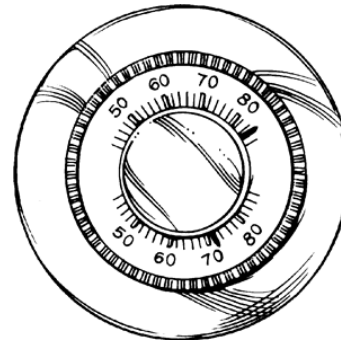
**Tires**



**Water  
Faucet**



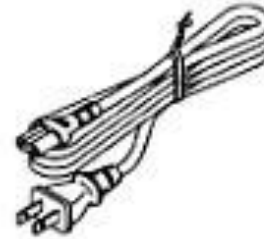
**Electronics**



**Thermostat**



**Energy Star Symbol**



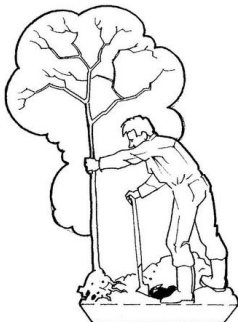
**Power Cord**



**Appliance**



**Styrofoam Cup**



**Plant  
A Tree**



**Renewable  
Energy**



## **Computer Paper**

Print it twice! Don't throw away paper you have printed from the computer. Turn it over and put back in the printer's tray. Now you can print on the other side.

*Each year, 4 million tons of office paper is thrown away in the United States.*

## **Recycle Plastics Symbol**

The number in the center of the "recycle triangle" indicates the type of resin used to make that item. These numbers (1-7), are found on the bottom of the item.

*Plastics with the #1 or #2 symbol are the types that most curbside recycling programs accept.*

## **Hershey's Kiss**

80 million Hershey's Kisses are wrapped each day, using enough aluminum foil to cover over 50 acres. That foil is recyclable.

*Kiss production was halted during World War II as the aluminum foil for the wrappers was a rationed item.*

*An acre is the approximate size of a football field.*

## **Computer Monitor**

Screensavers do not save energy! In fact, they may actually use more energy. The best way to save energy is to turn off the monitor when you leave the room.

*Just in case you forget to turn your monitor off, make sure you have your computer set to go into stand-by or sleep mode when your computer has not been used for a specific amount of time.*

## **Yard Waste**

Every year we dispose of 24 million tons of leaves and grass clippings. These could be composted to conserve landfill space.

*Leaves have been called "gardeners' gold" because they can be used as a mulch or in compost to provide organic matter and nutrients to the soil.*

## **Erosion**

Soil is one an important natural resource. Most life on Earth depends upon soil as a direct or indirect source of food. Valuable topsoil is lost when it is washed or blown away. This is called erosion.

*It takes 500+ years for nature to form one inch of topsoil.*

## **Donate It!**

Donate clothes that no longer fit to local charities. Unwanted toys and books can be donated to charities or children's hospitals. It's a great way to recycle items and reduce the amount of trash going to a landfill. It also helps those in need.

## **Bundle Up Your House**

Check your home for air leaks and drafts. When these leaks are plugged, you can increase your home's energy efficiency.

*An added layer of insulation to the roof, floors, and walls make a huge difference. Some types of insulation even use recycled newspapers.*



**Erosion**



**Computer Paper**



**Donate It !**



**Recycled Plastics Symbol**



**Bundle Up  
Your  
Home**



**Hershey's Kiss**



**Computer Monitor**



**Yard Waste**