

How to reduce your impact on the environment by
RECYCLING (3 / 3)
at school, on the move, and at home

*Always remember the order of the 3-R's:
first, "Reduce" how much you use (energy or materials),
then make sure you "Reuse" whatever you start using,
finally, "Recycle" what you need to discard.*

Recycling at school !!!

- Make sure your classroom has **blue recycling bins** to recycle:
 - **paper and cardboard**
 - **glass bottles**
 - **metal (foil, tins, cans)**
 - **all plastic bottles, and plastic containers #2, #4, and #5.**
- Know what to recycle and where to recycle it.
- **DO NOT put garbage** in recycling bins! When recyclables are made dirty (by juice or grease for example), they have to be thrown in the garbage too.
- Remember that **recyclables that are dirty CANNOT be recycled**. Be sure to clean them if they are dirty before putting them in a recycling bin.
- For your lunch, if you really have to use a disposable bag, spoon, fork or cup, make sure it is compostable; and then, compost it.
- Ask your teacher if the materials used in your classroom come from **recycled materials**. Paper, notebooks, books, and magazines can all be made from recycled paper.

DID YOU KNOW? There is no point in recycling if afterwards, we do not use recycled products. To find out where to purchase recycled products: <http://www.greenopia.com/sf/> (choose the category "office supplies and paper products")

Recycling at home !!!

- In your kitchen and in your room, have two separate bins to divide the garbage from the recyclables right away.
 - Curbside recyclables include **glass, cardboard, paper, metal (tins, cans, aerosols), all plastic bottles, and plastic containers #2, #4, and #5.**
 - You can also recycle old electronics, CDs, or grocery bags by dropping them off in the right places.
 - Remember to **recycle the junk mail** (even better: put up a sign saying you are not interested in junk mail.)
- If your parents are **constructing or changing the house**, ask them to use recycled materials (they can check: <http://www.builditgreen.org/>)

DID YOU KNOW? It's important to bring all harmful house products to a special place. Such products include cleaning-products, paints, varnishes, paint thinners, pesticides, batteries, medications...check: http://www.sfenvironment.org/our_programs/interests.html?ssi=0&ti=2&ii=20

What about food ???

- **Food can also be recycled! Only, it's called composting!**
 - Like leaves and branches, your food can be transformed so that it turns back to a **rich soil called compost**.
 - Compost is a good way to **fertilize your plants** so they will grow better.
 - If you have a garden, make some space for a **compost bin**.
- You don't have a garden? It's OK! San Francisco has a **Composting Program**. It makes it super easy to compost. Just throw your food scraps in **your green yard waste cart**. To know how it works, go to: <http://www.sfreycling.com/composting.htm>
- **What's compostable?**
 - **All Food:** fruit, vegetables, meat, poultry, seafood, shellfish, bones, rice, beans, pasta, bread, cheese, and eggshells.
 - **Food-soiled paper:** waxed cardboard, napkins, paper towels, paper plates, paper milk cartons, tea bags, coffee grounds/filters, wooden crates, and sawdust.
 - **Plants:** floral trimmings, tree trimmings, leaves, grass, brush, and weeds

THINK ABOUT IT! When you throw your food in the garbage, it ends up in a landfill where other trash and even chemicals will turn your food into toxic stuff. Instead, you can turn your food into good soil by composting it!

**A MIND IS A TERRIBLE THING TO WASTE...
BUT WASTE IS NOT SUCH A TERRIBLE THING TO MIND !**

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