Prepared in cooperation with the North Central Texas Council of Governments through funding from the Texas Commission on Environmental Quality.

Special thanks to the Houston-Galveston Area Council, Pinellas County Utilities and the City of Grand Prairie.
Reduce Your Garbage
It’s much better not to make waste in the first place. Reducing waste is easier than figuring out what to do with it once you’ve made it.

HERE ARE NINE THINGS YOU CAN DO TO REDUCE YOUR GARBAGE:

- Carry your lunch in a reusable bag or lunchbox instead of a paper bag.
- Use a glass or a plastic cup instead of a paper cup.
- Mend and repair toys instead of buying new ones.
- Pick products that have little or no wrapping or packaging.
- Use cloth bags to carry things you buy, avoid paper or plastic bags.
- Buy food and other products in bulk or concentrate.
- Buy products you can refill.
- Store leftover food in reusable containers, not in plastic wrap or foil.
- Avoid buying “disposable” products. Buy things that will last a long time.

Reduce Waste  Shop Wisely

WHICH ONES DO YOU DO ALREADY? PUT A CHECK BY THEM.
CIRCLE ONE YOU CAN START DOING.

Family

Write the name of the family with the grocery list that is better at reducing waste!

Whitman Family List
- Juice in disposable boxes
- Regular batteries
- Single serving boxes of cereal
- Paper plates, cups and bowls
- Canned fruits and vegetables
- Paper lunch bags
- Six pack of soda
- Paper napkins
- Soap in plastic dispenser

Wetago Family List
- Juice in large bottles
- Rechargeable batteries
- Cereal in large economy box
- Reusable plastic plates, cups and bowls
- Fresh fruit & vegetables
- Lunch box
- Thermos
- Cloth napkins
- Bars of soap

www.TimetoRecycle.com
When you are at the Store...

Help your parents find the items or packages that have been recycled or can be recycled in your town!

Look for symbols on items and packaging!

This symbol means that the product, container or packaging may be recyclable.

This symbol means that the product, container or packaging has been made from recycled materials. The percentage in the symbol tells how much recycled material is used.
When you are at the Store...

**TAKE THE SHOPPING CART TO THE CHECK OUT AT THE GROCERY STORE.**

**DID YOU KNOW?**

You are an Eco-Shopper when you choose products with environmentally friendly packaging.
Remember: **Reduce. Reuse. Recycle.**

www.TimeToRecycle.com
Reuse It, Don’t Trash It!

Many items around your house can be reused by you or someone else.

• Donate reusable toys, books and clothes to charity.
• Pass on clothes to younger friends or family.
• Wrap gifts in reusable gift bags.
• Reuse gift bows, gift bags and wrapping paper.
• Exchange toys, games, and books with friends.
• Use washable napkins instead of paper.
• Save used items such as buttons, fabric, yarn, beads and colored paper for craft projects.
• Turn old cans or jars into storage containers for school and art supplies.
• Write on BOTH sides of the paper.
• Fix broken or torn items.
• Have a garage sale.

TIPS!

NOW IT’S YOUR TURN! WRITE DOWN YOUR IDEAS.

1. Empty soda bottle
2. Sweater that’s too small
3. Magazine I’ve finished reading
4. Broken toy
5. Empty coffee can

How Can I Reuse?
Reuse and Recycle

Over and over and over and over...

ITEMS

Tea

When you’re finished with the tea...

REUSE

Tea

...use the jar to hold drawing supplies.

RECYCLE

The jar you recycle can be used to make new jars.

When the milk jug is empty...

…cut off the top and use for a planter.

The plastic bottle you recycle can become part of the picnic table.

When you’re finished reading it...

…reuse the newspaper as wrapping paper.

The newspaper you recycle can be made into a cereal box.

Extra!

When you’re finished with the newspaper...

www.TimetoRecycle.com
# Recycle

**ITEMS**

<table>
<thead>
<tr>
<th>Recycle</th>
<th>Two weeks of daily <strong>NEWSPAPERS</strong> equals one full-grown tree.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Recycle</th>
<th>Americans use 2.5 million <strong>PLASTIC</strong> bottles every hour. 40 recycled soda bottles make enough fiberfill to stuff a sleeping bag.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Recycle</th>
<th>You can save enough energy to operate a television for six hours by recycling just two <strong>ALUMINUM</strong> cans.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Recycle</th>
<th><strong>GLASS</strong> bottles and jars can be recycled over and over again. There is no limit. In the landfill, glass takes a million years to break down.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Recycle</th>
<th>Americans dispose of 24 million tons of <strong>GRASS CLIPPINGS</strong> and <strong>LEAVES</strong>.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Recycle</th>
<th><strong>STEEL</strong> is the most recycled material in the U.S. Through recycling each year, the steel industry saves enough energy to power 18 million homes - 1/5th of the homes in the U.S.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>FACTS</strong></th>
<th>Can be recycled into:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>FACTS</strong></th>
<th>writing paper, newspaper, cardboard boxes, cereal boxes, toilet paper, tissue paper, paper towels</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>FACTS</strong></th>
<th>fiberfill, tote bags, clothing, containers, carpet, strapping, fleece wear, luggage, bottles, pipe, buckets, benches, plastic lumber, picnic tables</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>FACTS</strong></th>
<th>cars, soda cans, aluminum foil, construction products, lawn chairs</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>FACTS</strong></th>
<th>glass bottles, jars, tile, road paving, fiberglass insulation, marbles</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>FACTS</strong></th>
<th>Don’t Bag It!.....mulch grass clippings and leaves or start a compost pile.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>FACTS</strong></th>
<th>steel food cans, cars &amp; trucks, buildings, bridges, tools, refrigerators and other appliances, almost anything made of steel</th>
</tr>
</thead>
</table>
Find the Recycling Words

Cardboard  Glass

ATTSNORSUNTLYEFTAPSSTHEULXGOEBEPW
MOTOROILELGIPOEHPDRLAP
NEWSPAPERSMIN
UJAZHPGOTUMHGLASSELLIL
ZARIMONTRCCOCARDBORDH

Steel  Paper  Mulch
Aluminum  Plastic  Newspapers  Motor Oil

Food
Recycling Word Juggle
These mixed up words when finally solved, help you know how to get involved!

UNSCRAMBLE THE WORDS

CERLCYE R ___ ___ ___ ___ 
TLMEA M ___ ___ ___ 
NCSA C ___ ___ 
LIACPST P ___ ___ ___ ___ 
ERPPA P ___ ___ ___ 
LSGSA G ___ ___ ___ 
CERUDE R ___ ___ ___ ___ 
TAWSE W ___ ___ ___ ___

Now, put all the numbered letters together in this space.

1 2 3 4 5 6 7 8 9 10 11 12
Across

1. Milk jugs, soda bottles, and laundry detergent containers made of ______ can be recycled and made into many different products.
2. When you ________, you save energy, natural resources and reduce waste going into the landfill.
3. Instead of throwing them away, ________ unwanted clothing and toys for others to use.
4. Soda used to come in ________ bottles.
5. For a cleaner ________, Reduce, Reuse, and Recycle Today!

Down

1. When we recycle ________, we help save trees.
2. When you ________ egg shells, coffee grounds, vegetable scraps and yard clippings you create new soil.
3. When we drink from a glass instead of a paper cup, we ________ the amount of waste produced.
4. Tin, aluminum and copper are different types of ________ that can be recycled.
5. Glass jars and plastic containers can be ________ in your workshop or garage.
6. It’s important to ________ plastic by the numbers stamped on the bottom of the containers.
Don’t Trash That!

Household Electronics and Chemicals

Be aware of the dangers that may lurk in your house in the form of household chemicals

Put a “C” in front of items known as household chemicals.

Put an “E” in front of items known as household electronics.

___Antifreeze
___Bug Spray
___Camcorder
___Cell Phones
___Chlorine Bleach
___Computer Monitors
___Computers
___DVD Players
___Fax Machines
___Flourescent Bulbs
___Game Boy Player
___Household Batteries
___Microwave Ovens
___Model Glue
___Nail Polish & Polish Remover
___Paint
___Pesticides
___Plant Fertilizers
___Printers
___Radios
___Shoe Polish
___Stereos
___Swimming Pool Chemicals
___Tub & Tile Cleaner
___Turpentine
___TV’s
___VCR’s

There are some types of waste that should never be put in the trash can. Most residents are able to dispose of these items and other household chemicals properly through home chemical collection programs.

DANGER

Contain harmful chemicals that can cause fires or explosions in the garbage truck or pollute the environment if they leak or spill.

SAFETY

Consult your city for proper disposal of household chemicals and electronics or visit www.timetorecycle.com

Keep all hazardous products such as household chemicals out of the reach of children.
The Decomposition Game

How to Play:

Match the items below with the length of time that you think it takes for that item to decompose. For example: if you think that the aluminum can breaks down in 6 months, then draw a line from the can to 6 months.

- 2 – 5 months
- 6 months
- 5 years
- 10 – 12 years
- 10-20 years
- 25 – 40 years
- 50-80 years
- 75 years
- 100 years
- 200 – 500 years
- Never

- Orange Peel
- Aluminum Can
- Styrofoam
- Plastic Container
- Milk Carton
- Paper
- Filter Tip Cigarette
- Tin Can
- Leather Shoe
- Plastic Bag
- Disposable Diapers
Be an Eco-Shopper!

REduce, REuse, REcycle
AND BUY RECYCLED
PRODUCTS.

IT’S GOOD FOR YOU AND
THE ENVIRONMENT.
YOU CAN HELP PROTECT
THE PLANET!
Are you an Eco-Shopper?

Not sure, then play the Eco-Shopping game at www.timetorecycle.com to find out. You will learn how to shop for products that contain packaging that is recyclable or made from recycled materials. You can also play two more fun games to learn how to recycle and reuse everyday household items.

Remember, recycling saves landfill space, energy and natural resources, creates jobs, and just makes sense!

Printed on Recycled Paper