



www.TimeToRecycle.com

Activity Book



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

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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.

WHICH ONES DO
YOU DO ALREADY?
PUT A CHECK BY THEM.

CIRCLE ONE YOU CAN
START DOING.

Reduce Waste Shop Wisely

<i>Watago Family List</i>	<i>Wattsamata Family List</i>
Juice in large bottles	Juice in disposable boxes
rechargeable batteries	Regular batteries
cereal in large economy box	Single serving boxes of cereal
Reusable plastic plates, cups and bowls	Paper plates, cups and bowls
Fresh fruit & vegetables	Canned fruits and vegetables
Lunch box	Paper lunch bags
Thermos	Six pack of soda
Cloth napkins	Paper napkins
bars of soap	Soap in plastic dispenser

WRITE THE NAME OF THE
FAMILY WITH THE GROCERY
LIST THAT IS BETTER AT
REDUCING WASTE!



_____ Family

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!

Produce • Meat •



LOOK FOR
SYMBOLS
ON ITEMS AND
PACKAGING!



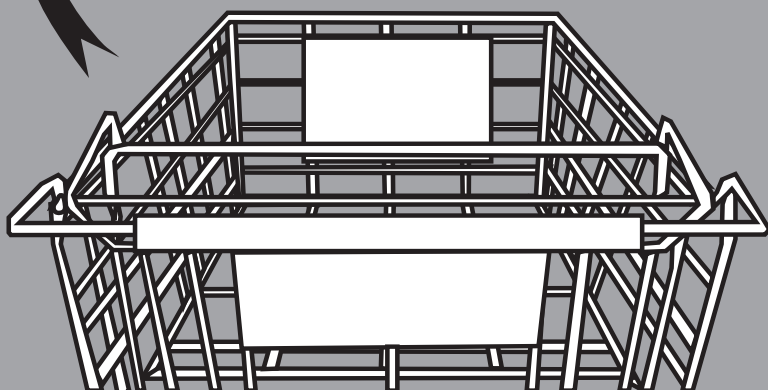
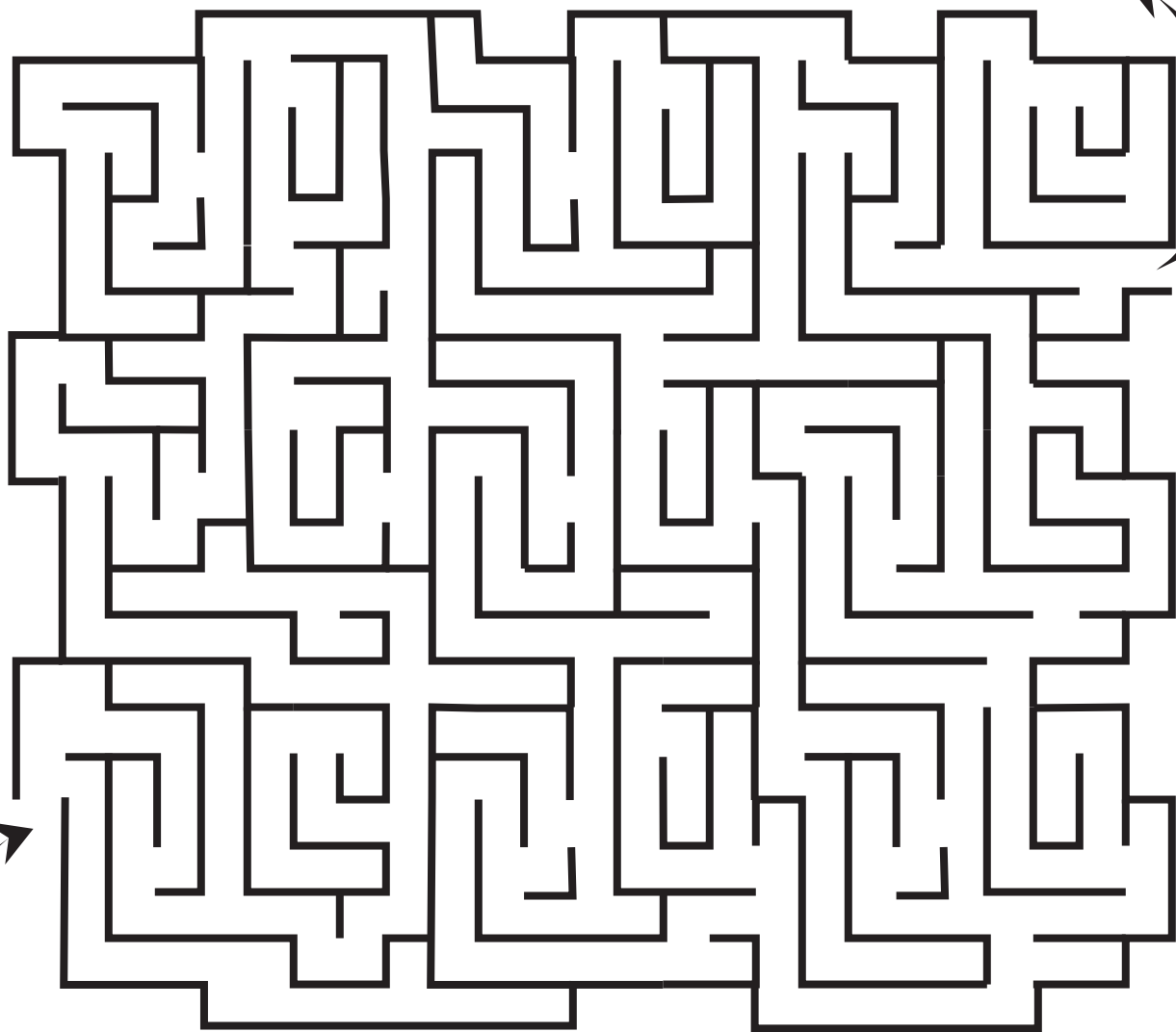
This symbol means that the product, container or packaging may be recyclable.



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.

Waste Not...

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.



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



TIPS!

- 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.

How Can I Reuse?

1. Empty soda bottle _____

2. Sweater that's too small _____

3. Magazine I've finished reading _____

4. Broken toy _____

5. Empty coffee can _____

Reuse and Recycle

Over and over and over and over...

ITEMS



When you're finished with the tea...



REUSE



...use the jar to hold drawing supplies.



RECYCLE



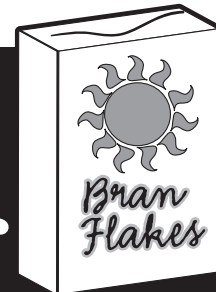
The jar you recycle can be used to make new jars.



When you're finished reading it...



...reuse the newspaper as wrapping paper



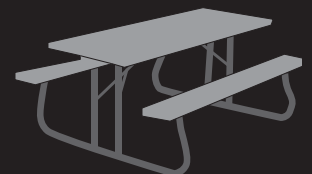
The newspaper you recycle can be made into a cereal box.



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.

Recycle

ITEMS

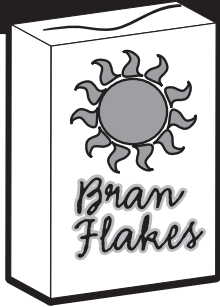
FACTS



Can be recycled into:

	<p>Two weeks of daily NEWSPAPERS equals one full-grown tree.</p>	<p>writing paper, newspaper, cardboard boxes, cereal boxes, toilet paper, tissue paper, paper towels</p>
	<p>Americans use 2.5 million PLASTIC bottles every hour. 40 recycled soda bottles make enough fiberfill to stuff a sleeping bag.</p>	<p>fiberfill, tote bags, clothing, containers, carpet, strapping, fleece wear, luggage, bottles, pipe, buckets, benches, plastic lumber, picnic tables</p>
	<p>You can save enough energy to operate a television for six hours by recycling just two ALUMINUM cans.</p>	<p>cars, soda cans, aluminum foil, construction products, lawn chairs</p>
	<p>GLASS 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.</p>	<p>glass bottles, jars, tile, road paving, fiberglass insulation, marbles</p>
	<p>Americans dispose of 24 million tons of GRASS CLIPPINGS and LEAVES.</p>	<p>Don't Bag It!....mulch grass clippings and leaves or start a compost pile.</p>
	<p>STEEL 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.</p>	<p>steel food cans, cars & trucks, buildings, bridges, tools, refrigerators and other appliances, almost anything made of steel</p>

Find the Recycling Words



Cardboard



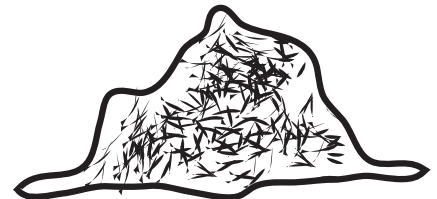
Glass



A	T	T	S	N	O	V	R	S	U	N
L	Y	E	F	T	A	F	S	T	H	E
U	L	X	G	O	E	J	B	E	P	W
M	O	T	O	R	O	I	L	E	L	G
I	P	O	E	P	W	D	R	L	A	P
N	E	W	S	P	A	P	E	R	S	M
U	J	A	Z	H	Y	P	G	O	T	U
M	H	G	L	A	S	S	E	L	I	L
Z	A	R	I	M	O	N	T	R	C	C
O	C	A	R	D	B	O	A	R	D	H



Paper



Mulch



Steel



Aluminum



Plastic



Food



Newspapers



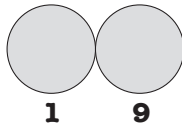
Motor Oil

Recycling Word Juggle

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

UNSCRAMBLE THE WORDS

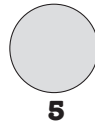
CERLCYE R



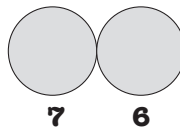
TLMEA M



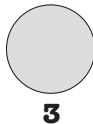
NCSA C



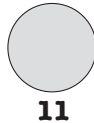
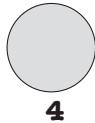
LIACPST P



ERPPA P



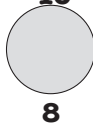
LSGSA G



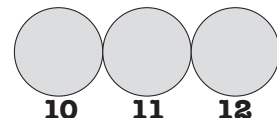
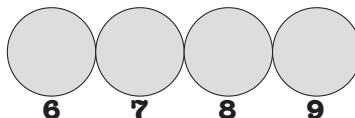
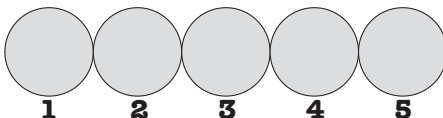
CERUDE R



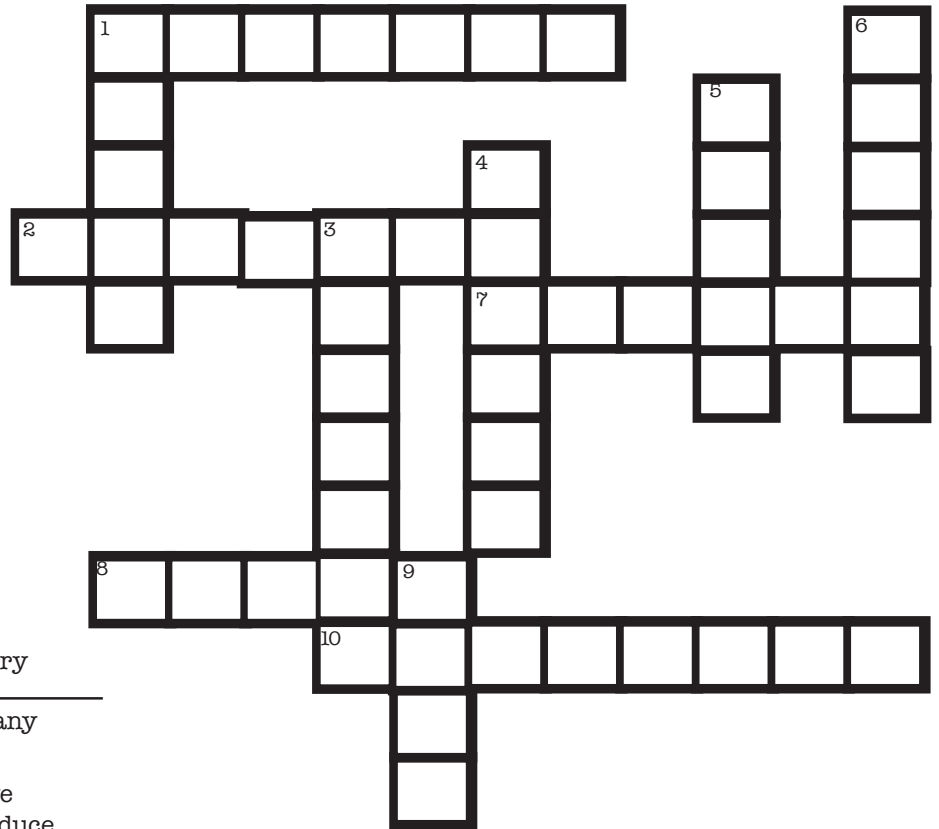
TAWSE W



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



Crossword Challenge



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.
- 7 Instead of throwing them away, _____ unwanted clothing and toys for others to use.
- 8 Soda used to come in _____ bottles.
- 10 For a cleaner _____, Reduce, Reuse, and Recycle Today!

Down

- 1 When we recycle _____, we help save trees.
- 3 When you _____ egg shells, coffee grounds, vegetable scraps and yard clippings you create new soil.
- 4 When we drink from a glass instead of a paper cup, we _____ the amount of waste produced.
- 5 Tin, aluminum and copper are different types of _____ that can be recycled.
- 6 Glass jars and plastic containers can be _____ in your workshop or garage.
- 9 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
- ___ Fluorescent 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.

Time Durations (Left Column):

- 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

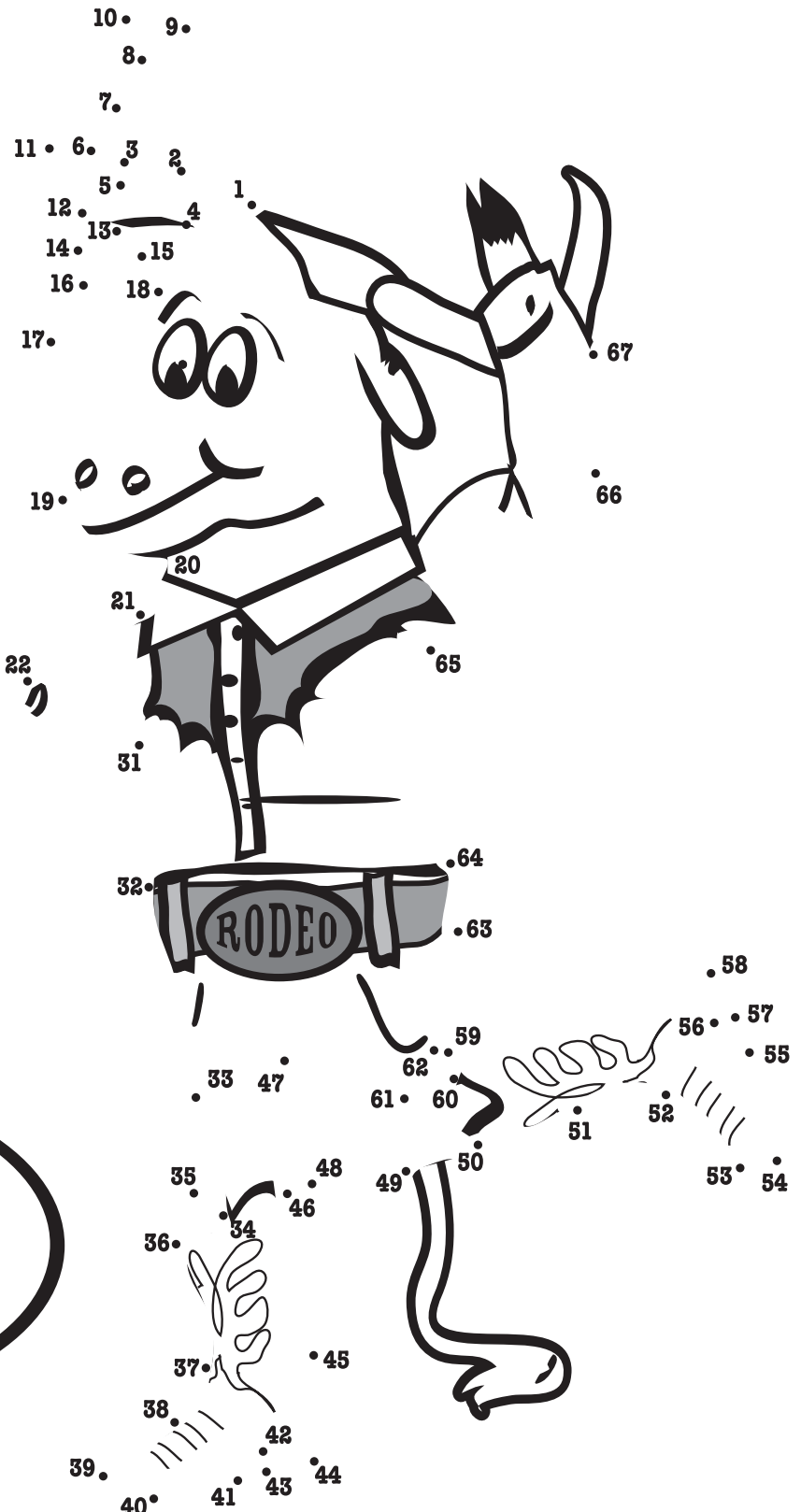
Items (Right Column):

- 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!

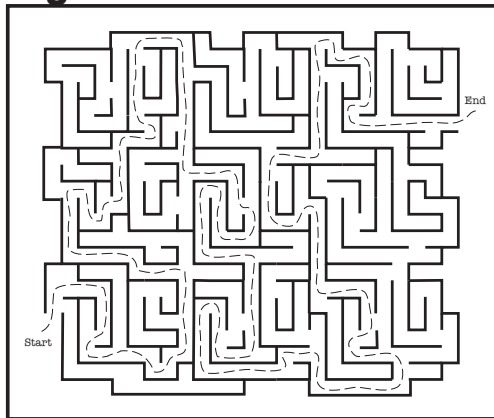
REDUCE, REUSE, RECYCLE
AND BUY RECYCLED
PRODUCTS.

IT'S GOOD FOR YOU AND
THE ENVIRONMENT.
YOU CAN HELP PROTECT
THE PLANET!

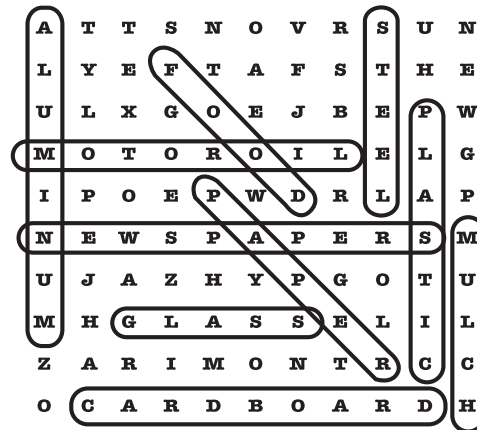


Answer Key

Page 3



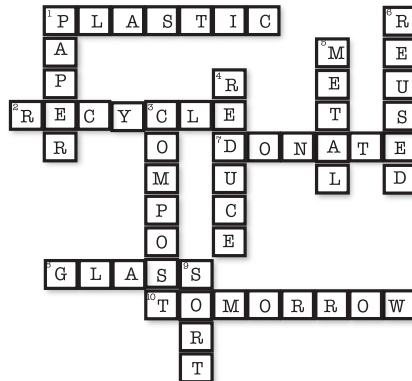
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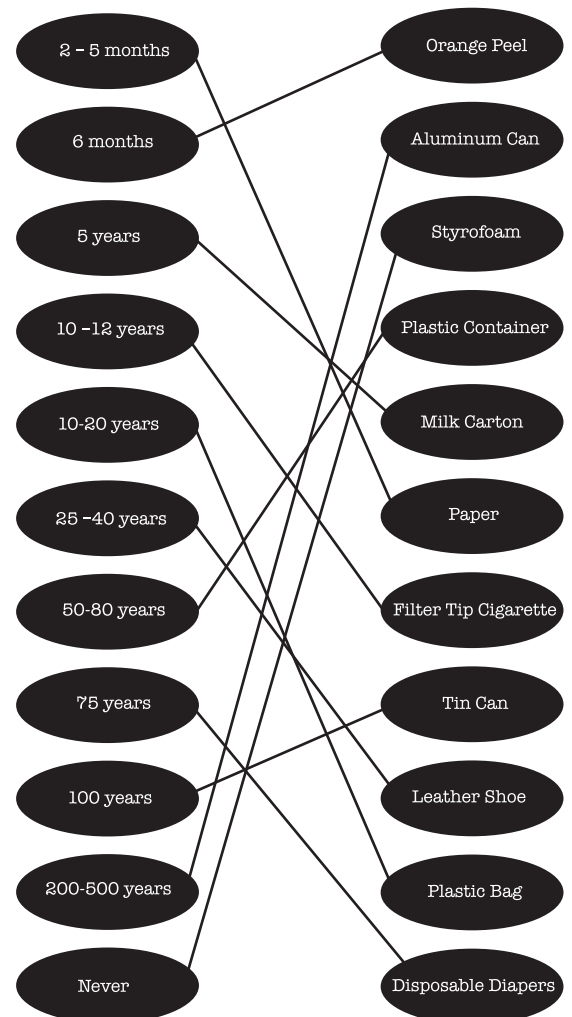
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RECYCLE
METAL
CANS
PLASTIC
PAPER
GLASS
REDUCE
WASTE
CLEAN CITY USA

Page 9



Page 11



Page 10

- C Antifreeze
- C Bug Spray
- E Camcorder
- E Cell Phones
- C Chlorine Bleach
- E Computer Monitors
- E Computers
- E DVD Players
- E Fax Machines
- E Flourescent Bulbs
- C Game Boy Player
- C Household Batteries
- E Microwave Ovens
- C Model Glue
- C Nail Polish & Polish Remover
- C Paint
- C Pesticides
- C Plant Fertilizers
- E Printers
- E Radios
- C Shoe Polish
- E Stereos
- C Swimming Pool Chemicals
- C Tub & Tile Cleaner
- C Turpentine
- E TV's
- E VCR's



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!



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