

Did you know that recycling an aluminum can takes 96% less energy than creating a new one? According to the EPA, 75% of Americans' trash can be recycled, but only 25% actually is. Let's make sure we at least recycle all of the cans in the lounge. **I would take them all home with me one day per week. Can anyone take them home another day?**

You don't need to remove labels from cans and bottles, but you do need to remove plastic caps (and throw them away). Your recyclables don't need to be spotless - just not moldy or full of food. Save water - don't rinse 'til clean.

Glass -Unbroken bottles are easier for workers to sort than broken ones.

Metal -Most containers, such as tins and cans, and aluminum foil.

Paper -Newspapers, magazines, photocopies, shoe boxes, envelopes (including ones with glassine windows).

Plastic -Plastics #1-#2 – recyclable in most areas. Usually found in 2-liter and detergent bottles, milk jugs and food containers. Plastics #3-#7 – these depend on your local recycling program. Yogurt Cups - recyclable in most areas, especially the #2 plastic kind.

Grocery Bags- Reuse them first – then you can recycle them at Jewel or Whole Foods.

Cut down on take -out or at least some of the extras.

Did you just order Styrofoam with a side of noodles? So you ordered kung pao. But you got kung pao; a Styro container; a plastic fork, knife, and spoon; four paper napkins; two packets of soy sauce; and a plastic-wrapped fortune cookie with a canned message. Every meal you cook from scratch cuts down on trash and it's better for you!

- **Fewer non-recyclable receptacles.** More than 15 mil tons of polystyrene (aka Styrofoam) is produced each year, but less than 1% is recycled. Those utensils are hard to recycle too.
- **It's Safer.** Styrofoam is made using cancer-causing benzene and the brain toxin styrene.
- **Better eats.** Just 'cause you're not a cook or don't have time doesn't mean you can't whip up something tasty in a short amount of time. It's bound to be better for you and the planet

And even when I do order take-out, I ask them to leave out all of the extras such as spoons, forks, napkins, soy sauce, and fortune cookies and even the extra bag. If you are taking your take-out home, you don't need all of these extras.