

REDUCE, REUSE, RECYCLE & ENJOY ACTION KIT

Take Small Steps for Big Impact!

Want to be “green” and help the environment? Join Friends for Change and take small steps every day to make a difference for the planet in a BIG way! Grab your friends and take action together to Reduce, Reuse & Recycle.

Check off small steps you can do daily and check out more ways to take Earth-saving ideas to the next level!

REDUCE

small steps

- SHOWER POWER-** Reduce water use. Shorten showers to 5 minutes or less.
- TURN OFF THE TAP-** Save H₂O. Turn off the tap when you brush your teeth.
- BAG THE BAGS-** Reduce the use of plastic bags. Pack your lunch in a lunchbox with reusable containers.
- MAKE A SWITCH-** Reduce energy use. Turn off lights when you leave the room and electronics when you're done using them.

Fun Fact

Just by turning off the tap while you brush your teeth each day, you can save up to 8 gallons (30 liters) of water! That adds up to more than 200 gallons (757 liters) a month, or 3200 glasses of water!

KICK IT UP A NOTCH

- SCRAP THE JUNK MAIL-** Block your family's name and address from mailing lists by going to catalogchoice.org or writing a letter to:

*Direct Marketing Association Mail Preference Service
P.O. Box 9008
Farmingdale, NY 11735-9008*

Fun Fact

If your toilet leaks, you could be wasting 200 gallons (757 liters) of water every day! That's like flushing your toilet more than 50 times for no reason!

- DON'T BE A DRIP-** Reduce water waste. Fix your leaky toilet! Ask your parents to help you test for leaks by placing a drop of food coloring in the toilet tank. If the color shows up in the bowl without flushing, you have a leak!

REUSE

small steps

- KEEP IT IN THE LOOP-** Reuse a cloth bag you already have instead of getting new plastic bags at the store.
- REFILL 'ER UP-** Refill reusable bottles, cups or mugs to reduce the use of disposable plastic bottles. (Tip: Metal or glass bottles work best!)
- THAT'S A WRAP-** Recycle wrapping paper to use again, or use old newspapers, magazines and other materials instead of buying new wrapping paper.
- PICK NON-PAPER PRODUCTS-** Reuse washable napkins and rags instead of using paper napkins and paper towels.
- PLAY IT AGAIN-** Donate clothes, toys, furniture and items you no longer use to be reused and enjoyed by others.

Fun Fact

Did you know that enough plastic bottles are thrown away each year in America to circle the Earth four times? Think before you drink and carry a reusable water bottle.

KICK IT UP A NOTCH

- HOST A YARD SALE-** Organize a neighborhood yard sale to encourage your community to reuse clothing, sports gear, furniture and more! Donate anything that doesn't sell to your local charity or thrift shop.
- CREATE A CLOTHING SWAP-** Gather up all the clothes you no longer want and host a swap to trade them with your friends. It's fun and free!



RECYCLE

small steps

- BE A RECYCLING ROCK STAR-** Almost everything can be recycled! From cans, bottles, paper, and cardboard to glass, plastic and more. Check with your local recycling center for recycling guidelines in your community. It's easy!
- RECYCLE ON THE ROAD-** Sort recycling on the go by keeping two bags in your car—one for trash and one for recycling. Be sure to dispose of it properly when you reach your destination.
- E-CYCLE IT-** Electronic waste has no place in the age of recycling! Always recycle or donate old computers, TVs, printers, cell phones and other electronics.
- PRE-CYCLE IT-** Pick products with little to no packaging to reduce the need to recycle!

Fun Fact

Pre-cycling means reducing waste from the start. By deciding to buy something that is made to last longer or created with very little waste and packaging, you're taking action to avoid needing to recycle before ever using it!

Fun Fact

America recycles about 40 million tons of paper and cardboard every year. For every ton of paper that is recycled we can save 17 trees!

KICK IT UP A NOTCH

- CREATE A CLEANUP -** Organize a park, road or waterway cleanup in your community. Teach volunteers to sort and recycle as many items as possible while cleaning up your neighborhood! While outdoors, check out what wildlife you are helping protect too!

ENJOY

You did it! Small steps really can make a BIG impact. When you **reduce** waste, **reuse** and **recycle** you are conserving the planet's resources to keep it healthy. Celebrate your efforts with a picnic in the park (don't forget healthy snacks to keep you going all day). Or, take a fun nature hike with friends (remember to bring plenty of water in your reusable bottle and hydrate up!)