



## **It's easy to be a Winner!**

### ***Recycle these 3 superstars and go from A to Z!***

We're in a competition for our clean air, our resources and clean water. Everyone wants to make it to the finish line healthy but with so much information coming at us about trash barges and green house gases and plastic in our oceans, it can be overwhelming. Let's break it down into the most impactful and attainable in our everyday busy, crazy lives.

Start with your ABC's; Aluminum, Bottles and Cardboard. That's your fastest way to Z - Zero Waste!

#### **A is for Aluminum!**

Aluminum cans are 100 percent recyclable, and they can be recycled over and over again. It takes [95 percent less energy](#) to make cans from aluminum than making ones from the raw materials. So, until you've kicked the caffeine habit- kick all those cans into the recycle bin-no matter what!

#### **B is for Bottles!**

Your plastic water bottle and your jug of milk-*also known as PET (#1) and HDPE (#2)* are clogging up our oceans! Items made of these two plastics make up the biggest portion of household plastic that can be recycled. Since PET plastic bottles, more than any other type of plastic, are the most commonly used type, they are usually the easiest to recycle. Only about 25% of the plastic produced in the U.S. is recycled. If the other 75% was it would save 1 billion gallons of oil and 44 million cubic yards of landfill space every year. Even better, using reusable drink containers can **replace 100 disposable bottles per year**.

#### **C is for Cardboard!**

Cardboard boxes or Corrugated Cardboard represents more than 1/3 of the commercial solid waste stream. While a lot of it is getting recycled, it is a 100% recyclable material, so 100% of it should stay out of landfills. Once in the landfill, breaking down without oxygen, it will start to emit methane gas and contribute to the pollution in our air that can make us sick. So, if you have a choice, pick shipments in a box instead of in a plastic bag, or detergent in the box instead of the bottle.

#### **Z is for Zero Waste!**

Time to move to first place. The Zero Waste movement is the next step in your fight for a cleaner and longer lasting environment. Keep learning and asking questions about next steps you can take so we eventually have zero landfills and bountiful natural resources.

#### **Great questions to ask when you run into hurdles?**

What's recyclable in my office recycling program? What can I replace this non-recyclable item with that is recyclable or reusable? Do you have paper straws? Do I really need a bag for these 3 items? Who else would be interested to learn something new to make their lives healthier and cleaner?

There's no greater award than a cleaner environment and brighter future!