



Recycling Suggestions Help Our World!



10 Reasons to Recycle:
www.nrc.recycle.org

1.) **Good For Our Economy**

American Companies rely on recycling programs to provide raw materials they need to make new products.

2.) **Creates Jobs**

Recycling in the U.S. is \$236 billion a year industry. More than 56, 000 recycling and reuse enterprises employ 1.1 million workers nationwide.

3.) **Reduces Waste**

The average American discards 7 and a half pounds of garbage everyday. Most of this garbage goes to landfills, where it is compacted and buried.

4.) **Good For The Environment**

Recycling requires far less energy, uses fewer resources, and keeps waste from piling up in landfills.

5.) **Saves Energy**

Recycling offers significant energy savings over manufacturing with virgin materials. (Manufacturing with recycled aluminum cans uses 95% less energy)

6.) **Preserves Landfill Space**

No one wants to live next door to a landfill. Recycling preserves existing landfill space.

7.) **Prevents Global Warming**

In 2000, recycling of solid waste prevented the release of 32.9 million metric tons of carbon equivalent (MMTCE, the unit of measure for greenhouse gases) into the air.

8.) **Reduces Water Pollution**

Making goods from recycled materials generates far less water pollution than manufacturing from virgin materials.

9.) **Protects Wildlife**

Using recycled materials reduces the need to damage forests, wetlands, rivers and other places essential to wildlife.

10.) **Creates New Demand**

Recycling and buying recycled products creates demand for more recycled products, decreasing waste and helping our economy.



10 Ways to Save Water:

- 1) Do not over water your lawn (give your grass the water it needs and no more)
- 2) Do not water your lawn while it is raining
- 3) Do not water your lawn during hours when water will evaporate or freeze
- 4) Turn off the water while you are brushing your teeth
- 5) Put a plastic water bottle filled with tiny rocks in the back of your toilet tank
- 6) Use your dishwasher (ONLY when it is full) instead of hand washing your dishes. Dishwashers use about 11 gallons of water. Hand washing dishes uses approximately 16 gallons. A water savings of 5 gallons!
- 7) Take a 5 minute shower. Taking a bath, half full of water uses around 20 gallons of water. However taking an average length shower (estimated to be 7 minutes) only uses about 12 gallons. A water savings of 8 gallons! If you used a timer and set it for 5 minutes for a shower you would save another 2.5 gallons! That is a total of 10.5 gallons!
- 8) Wash clothing on full loads only and in cold water
- 9) Avoid flushing the toilet unnecessarily. Dispose of tissues, insects, and other such waste in the trash rather than the toilet
- 10) Use a broom instead of a hose to clean your driveway and sidewalk and save water every time

10 ways to save and recycle paper:

- 1) Recycle books by giving them away to the library or a friend
- 2) When using a photocopy machine, copy and use both sides of the paper
- 3) Use Catalogs and newspaper as gift wrap
- 4) Keep last year's telephone book in your car as a local reference resource.
- 5) Recycle Used Envelopes:
 - Write a grocery list on the outside * Use as a book marker
 - Use to send lunch money to school
 - Use for note taking and family message boards
 - Use for protecting and storing photographs
- 6) Recycle your newspapers, cardboard, and paper bags (only 58% of newspapers in the US are currently recycled)
- 7) Use material napkins instead of paper napkins (using 1 less napkin per day can save hundreds of trees)
- 8) Re-use gift boxes, gift bags, and wrapping paper
- 9) Use washable plates and utensils instead of paper plates and plastics utensils
- 10) Stop junk mail:
 - Always writing "do not share my information" on forms in which require you to provide your address and personal details,
 - Directly contacting your bank and credit card companies - asking them to remove you from their mailing lists,
 - Registering with the Direct Marketing Association' , dmachoice.org, at price of \$1.00



- Going to valid websites for information to OPTOUT of junk mail

Plastic Bags & Water Bottle Facts:

Plastic grocery bags -

Instead of using plastic grocery bags use the new consumer recycled eco bags. Most cost around \$1.00 and are made from recycled material. They are durable, have handles, can be folded to fit in a small container in the back of your car. They can be used for so many other things besides groceries!

Grocery bags can be "re-purposed" as:

- Lunch bags
- Storage bags
- Bathroom trash can liners
- Laundry bags when traveling
- Pooper Scooper waste holders
- Transporting things such as a wet bathing suit from the community pool or beach
- Re-use bags at the grocery store

Plastic water bottles -

- Manufactured water is not regulated and most of the U.S tap water is. Use a water filter for your drinking water if you feel it is necessary
- In 2006, Americans drank about 167 bottles of water each but only recycled an average of 23 percent
- It takes over 1.5 million barrels of oil to manufacture a year's supply of bottled water. That's enough oil to fuel 100,000 cars
- **Eight out of 10 plastic water bottles become landfill waste**
- In 2007 we spent \$16 billion on bottled water. That's more than we spent on iPods or movie tickets
- **Plastic bottles take 700 years before they begin to decompose in a landfill**
- If everyone in NYC gave up water bottles for one week, they would save 24 million bottles from being land filled. One month on the same plan would save 112 million bottles and one year would save 1.328 billion bottles from going into the landfill



Hazardous Waste:

Dispose of aerosol cans, pesticides, paints, batteries, motor oil, antifreeze, tires, medicines, and any other hazardous ingredients and items to the available Hazardous Waste Drop-Off Centers in your area.



It is illegal to dispose of hazardous waste in your trash, on the ground or down a storm drain. Please take all household chemicals to the Household Hazardous Waste Center

Hazardous Waste Drop-Off Center Locations:

Apple Valley - The Town of Apple Valley HHW facility is open to the public for free drop off of household hazardous waste on the 1st and 3rd Saturday of each month from 10 a.m. to 2 p.m. The facility is at the south side of the Public Works Yard, located at 22411 South Outer Highway 18, at Tonikan (west of Central Road).

Victorville - The City of Victorville has set up a collection center for hazardous waste on Love's Lane, near the main entrance to the Fairgrounds. Open Wednesdays and Sundays from 9:00 am to 4:00 pm, the Household Hazardous Waste Collection Center takes batteries, motor oil, paint, insecticides and various other toxic materials. They also accept TVs, computer monitors, and microwaves.

Hesperia - The Household Hazardous Waste Facility is located at the Hesperia Fire Station at 17443 Lemon Street. Their hours of operation are Tuesdays and Thursdays from 9am-1pm and Saturdays from 9am-3pm. For more information call 1-800-OILY CAT.

Adelanto - Drop-off programs are used in Adelanto. Oil and filter recycling can be dropped off at Ecology Auto Parts and recycling of lawn and garden waste / Green waste at California Bio-Mass. For more information on these programs contact the Adelanto Recycling Department at (760) 246-2300 X 3009

Barstow - Household Hazardous Waste Facility is located at City Corporation Yard, 900 South Ave "H", Saturday-9:00 a.m. to 2:00 p.m.- (760) 255-5126

Phelan/ Wrightwood - Call Desert Environmental Services, Phelan, CA 92329, (760) 949-1110 for further information related to hazardous waste



Additional Recycling Tips:

- Check and set temperature settings on the heater and air-conditioning to the most efficient recommended settings
- Re-place old light bulbs with the new energy efficient brands
- Unplug appliances when not in use
- Begin to buy and use the new green, eco-friendly cleaning supplies
- Combine shopping trips and use the most convenient route
- Follow the speed limits that are set
- Check the air pressure in their tires and air filters
- Lower the hot water heater to 120 degrees and insulate it with a heater blanket
- Check and clean heating vents, ducts, and filters on a regular basis
- Use (seasonal) energy saving settings on all appliances
- Seal gaps and cracks in windows and doors with caulking and weather stripping
- Start a car pool with neighbors
- Fix leaking faucets
- Use the "off peak" hours for major energy chores such as washing and drying clothes
- Composting (reduces trash and benefits the ground)
- Planting trees on your property
- Xeriscape – use groundcover which does not require watering. Xeriscape landscaping, by definition, is landscaping designed specifically for areas that are susceptible to drought or for properties where water conservation is practiced. Derived from the Greek *xeros* meaning "dry," the term, xeriscape means literally "dry landscape." Nonetheless, a common element in xeriscape landscaping is the reduction of lawn grass areas, since lawn grass is often one of the worst offenders against water conservation.
- Unplug appliances when not in use
- Flushable green diapers <http://www.gdiapers.com/>
- Don't stand in front of the refrigerator for a long time
- Insulate your home with weather stripping and double-pane windows
http://com/saving_energy/weather_stripping.html
<http://www.moneymatters101.com/savemoney/windows.asp>
- Turn off lights when leaving a room
- What you do not want, give away to recycle
 1. clothing
 2. books to libraries
 3. toys to friends, women's shelters, & hospitals
 4. stuffed animals to police stations
 5. eyeglasses
 6. cell phones to women's shelters
 7. bicycles to fire departments
- Pack it in Pack it out – leave a park in better condition than when you got there
- Adopt your block to keep it clean of trash <http://www.adoptyourblock.com/>
- Vampire electricity – turning off standby electricity items from home appliances could save up to 25 percent on electrical bills. Turn off items such as cell phone chargers, power strips, VCRs, DVD players, and computer printers.

