



You can be Super Recycler!

Recycling seems like a pretty easy thing to do. When you are finished with a piece of paper, a plastic bottle, a steel can or a cardboard box, you put it into the recycling container and walk away. While this is a great start to recycling, there is so much more you can do to become a Super Recycler!

The more you know about recycling and the more you practice doing it, the better you get! Once you know the facts and practice what you learn, you may become the go-to person for family members and friends who have recycling questions. Here are the things you need to know to become a Super Recycler:

What can I recycle?

- Food and drink CANS
- Milk, juice and broth CARTONS
- GLASS BOTTLES and JARS
- PAPER and BOXES
- PLASTIC BOTTLES and JUGS

How do I prepare my recyclables?

- Empty and rinse cans, cartons, bottles, jugs and jars. Turn them upside down to let them drip-dry. Replace caps.
- Make sure your paper products are clean. Break down and flatten boxes.
- Place items LOOSE, not bagged, into your recycle cart or bin.

Remember — food waste should go into the trash. Containers that aren't empty, food and food-soiled paper can spoil recyclables. This includes pizza boxes that are grease-soaked or



caked with sauce and cheese or with slices of pizza inside. Spoiled recyclables can't be turned into new products and will have to be thrown away in a landfill. So keep your recycling clean!

Why should I recycle?

Recycling keeps usable natural resources out of landfills. Making new products from recyclables uses less energy, creates less pollution, and helps create jobs.

To learn more, visit CuyahogaRecycles.org.

Reboot your school recycling program

You see blue bins in your classroom and maybe in the cafeteria, but students don't seem to be using them. Are you using them? If not, is it because you are confused? Maybe your school recycling program needs a reboot. So what can you do? Be a recycling leader! Here are some ideas to get started:

- Ask questions at school, especially to the science teachers, custodians or office staff. Ask what is accepted in the bins, who collects the material, how it gets to the outside bins, and whether there are still outside bins for recycling. If your school does not have recycling services or an outside recycling dumpster, then this would be one of the first steps to complete. Schools without enough indoor recycling bins can apply for a Recycling Container Grant from the Cuyahoga County Solid Waste District. Look for the application online at CuyahogaRecycles.org.
- Gather a team of interested students and adults willing to work together to re-energize the recycling program. Seek permission for spending time as a class project or club. Call Ms. Rocco, the District's educator, to help as well. Create posters about what to recycle and why. Count recycling bins at school and figure out how many more you might need. Purchase or design labels for the bins with what should be placed in them and what shouldn't.
- Have a fun kick-off program for students. Get creative — your team might shoot a video, act out a skit at an assembly, speak during school announcements, hold a contest, serve as recycling monitors at lunch, or find another clever way to get students excited. Try to reach everyone and let parents know what you are doing too. Put recycling in the spotlight and keep it there all year with new contests, spot checks of bins, announcements, fun facts and more.
- Review and make improvements all year long. Leave a road map for a new group of students to follow and build upon. Share the successes with the school community in newsletters or through social media. Thank people for helping and caring.

PREDICTING PATTERNS

You won't need a crystal ball to find out how much glass is recycled in the U.S. Find the answer by looking for the patterns. For each number given, **find the next highest number** in which:

Column A:

Every digit is the same.
(examples: 33; 555; 9,999)

Column B:

Each digit grows greater by one.
(examples: 89; 234; 4,567)

We've done the first one for you.

Add all 14 of the answers in columns A and B to find the number of tons of glass recycled each day in the U.S. _____

Number	A	B
9	11	12
39		
52		
68		
100		
399		
3,112		



Small actions now

Large lifetime impact

The average person generates about 4.5 pounds of trash per day. With most of your life ahead of you, small actions to reduce waste that you start now will add up, avoiding a huge pile of waste. That means less litter on the land, less pollution in the water and less trash buried in a landfill over your whole life. You can make less waste and live in a healthier place, which is a win-win. Here are some ideas to get you started.

Pack a zero waste lunch

Start with a reusable lunchbox or insulated lunch bag. Add washable snack bags and containers filled with lunch foods. Pack a drink in a reusable bottle. Finish it off with a cloth napkin and silverware to wash and reuse. By packing a zero waste lunch and avoiding foods in single-serving packages, your family can save over \$200 each school year. The foods can be healthier for you too. Pack your lunch the night before, keep it in the refrigerator, and grab it in the morning. When you come home, eat any unfinished food as an after-school snack and wash your reusable containers for tomorrow.

Pass on the plastic bag

You're headed to the store for school supplies, craft projects or comic books. Maybe you are helping your parents do the weekly grocery shopping. Take the reusable shopping bags out of the car to hold your purchases. Remind the cashiers that you have your own bags and won't need plastic bags. A plastic bag is used an average of 12 minutes but can cause harm in our waters for many years. Plastic bags kill about 100,000 marine animals every year. So pass on the plastic and carry your own shopping bag.

Fill your "funtainer"

There is no need to buy bottled water at school, from a vending machine, at a dollar store or when you are helping your parents with the weekly grocery shopping. Instead, use your "funtainer," which is a refillable water bottle or container that is fun to use. Remember to bring it wherever you need water, like at school, at the park, at sports practice or when running errands with your parents. Fill your funtainer from a faucet or water fountain, saving your family money. (PSSST....some bottled water is just filtered tap water anyway.)

A little dab will do

Think about the last time you did an art project. When you were done, were you peeling glue off your fingers? That is a sign that you are using too much when a small dab of glue might be all that is needed. To reduce waste and use resources wisely, you should use only what you need and not waste anything. Most glues today are made from polymers, also known as plastic. Plastics are nonrenewable resources that are made from oil and natural gas.

Toss fewer paper towels

How many paper towels does it take to dry off your hands or wipe your face? Hopefully, only one. Your school is already reducing waste if your restrooms have air hand dryers. (There is less mess for the custodial staff to clean up too.) If you use paper towels, shake extra water from your hands into the sink and then take one towel. In the classroom and at home, use a sponge or washable cloth to clean up spills instead of paper towels.

Better looking with less litter

Take a look around outdoor trash cans and recycling bins. Do you see litter? You might find candy wrappers, gum and straws by the trash and bottles or cans on the ground next to the recycling. Throwing something toward the container doesn't mean it will get inside. Make sure you place your trash in the trash can and your recyclables into the recycling bin. When you are more careful, you keep the area tidy and keep litter from blowing away or being carried by rain into waterways.



What if?

If you drink one bottle of bottled water per day, how many bottles will you drink in one year? In 10 years? In 35 years? In 70 years?

Fast Fact: A 1,200-pound bale of recycled water bottles contains 7,200 bottles.

Calling all contestants

Made By Milk™

Drink your milk and collect the cartons to create art. In this contest, your school will have to work together to collect, clean and repurpose milk cartons. Visit MadeByMilkContest.com to learn more about the contest, which offers a cash prize for the winning school.

Reduce, Reuse, Recycle Photo Contest

How do you, your friends or your family reduce trash? Take a photograph or draw a picture that highlights reducing, reusing or recycling. Maybe you know how to make less trash in the first place. You might show how you changed your habits to give up a disposable item, like a paper napkin, plastic baggie, plastic fork or straw. Perhaps you repurposed an object so it could be used again as art, a game, a party favor or a gift. Think about what and how you recycle at home or at school or something you take to a special drop-off program for recycling. Send your entry to the 3R Photo Contest, CCSWD, 4750 East 131st, Garfield Heights, Ohio, 44105 by March 1st.

Cleanup Cuyahoga

Sadly, 81 percent of people who littered did it on purpose. Once litter is on the ground, others may think it's OK to litter more and possibly add graffiti or damage property in that space. Keeping your school and neighborhood clean can keep others from littering. You can help by asking a teacher or another adult to request a Cleanup Cuyahoga Litter Pickup Kit, which includes litter cleanup supplies for groups, such as schools, clubs, youth groups and others. Picking up litter shows everyone that you care about your environment and will work to keep it litter-free. Kit requests can be made at CuyahogaRecycles.org.

Zero Waste Challenge

Look into the trash bin after lunch. It's amazing how much food and how many drinks are wasted along with all of the packaging. Plastic bottles, cans and paper cartons can all be recycled. Food can be saved for a snack or composted. Raise awareness about cafeteria waste by taking part in the Zero Waste Challenge. Your schoolmates will learn how to pack lunch in reusable containers, what in your lunch or on your lunch tray can be recycled, and what foods can be composted. Schools across the region will compete to see who can create the least amount of trash any time in the month of April. Each school will receive special giveaways.



Plastic straw?

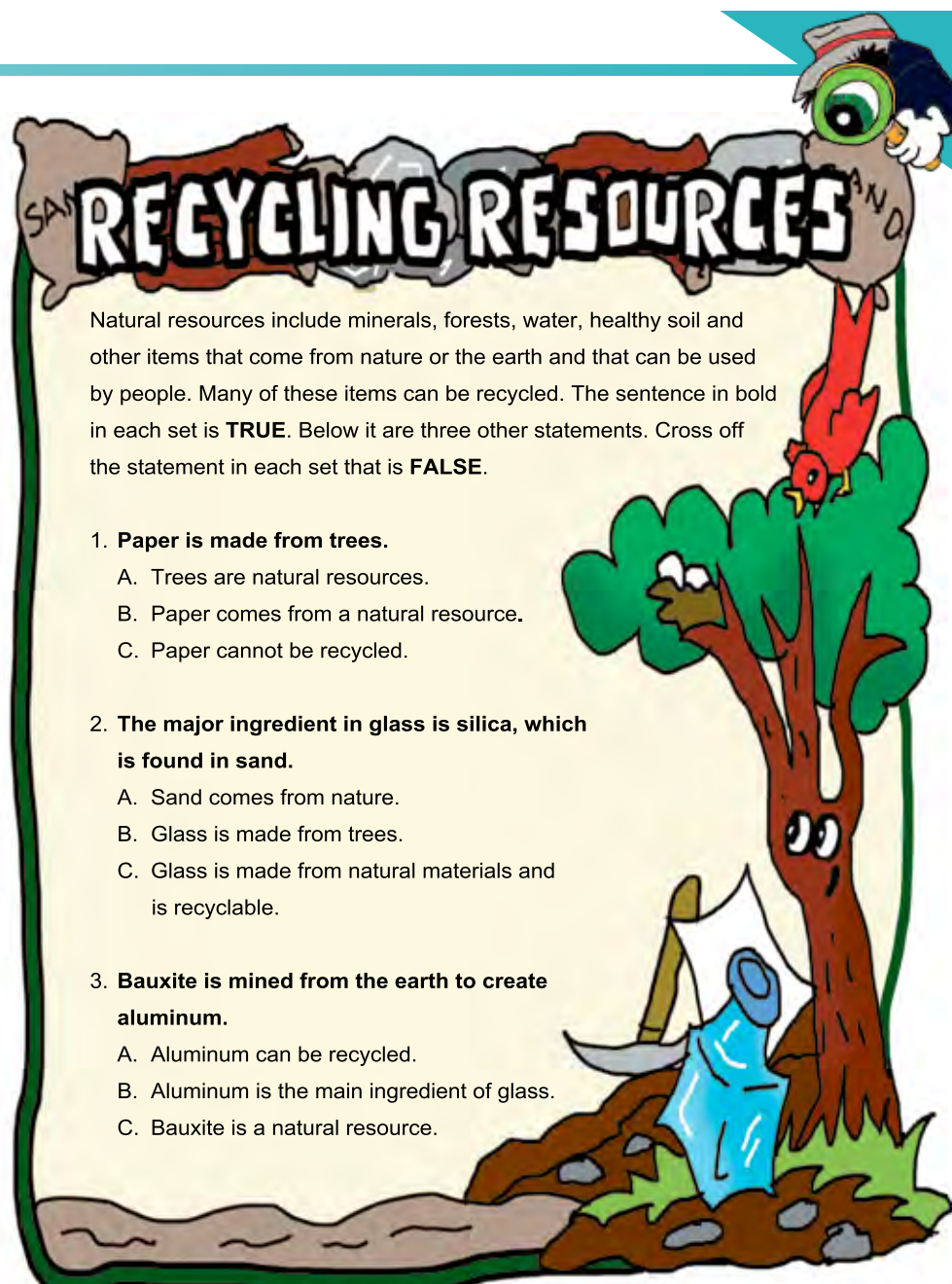
Not for me!

Whether you are sipping a milkshake or a soda pop, you probably don't think much about the straw. But some people do and they are saying "no thanks" to plastic straws. Why is that? Plastic straws are made from oil or natural gas, both of which are nonrenewable resources. Straws are too small to be recycled. Plus, we use them for only a few minutes and then throw them away. They end up in the garbage or, even worse, out in the wild where they don't belong.

Imagine finding something new in your kitchen and not knowing what it is. Can you eat it? How would it taste? Should you try it? That may be what animals in the wild are thinking when they see a plastic straw. We know we can't eat plastic straws, but to an animal a straw may look like a tasty stick or a long, juicy blade of grass. Part of taking care of the Earth means caring for all of the creatures who live on it.

Some people really need single-use plastic straws and should use them. But, for most of us, disposable straws are something we are used to and maybe something we like, but not something we need. So what can you do? You could say no to a straw. Or you could use paper straws at restaurants that offer them. You might also start carrying your own washable and reusable straws, which are made from stainless steel, glass or durable plastic. If you really enjoy sipping your milkshake or soda pop through a straw, ask your parents (nicely) to buy some reusable straws and then bring them along when you go out to eat.

Contributed by Claire Bruch, Recycle Intern, American Chemistry Council



RECYCLING RESOURCES

Natural resources include minerals, forests, water, healthy soil and other items that come from nature or the earth and that can be used by people. Many of these items can be recycled. The sentence in bold in each set is **TRUE**. Below it are three other statements. Cross off the statement in each set that is **FALSE**.

- 1. Paper is made from trees.**
 - A. Trees are natural resources.
 - B. Paper comes from a natural resource.
 - C. Paper cannot be recycled.
- 2. The major ingredient in glass is silica, which is found in sand.**
 - A. Sand comes from nature.
 - B. Glass is made from trees.
 - C. Glass is made from natural materials and is recyclable.
- 3. Bauxite is mined from the earth to create aluminum.**
 - A. Aluminum can be recycled.
 - B. Aluminum is the main ingredient of glass.
 - C. Bauxite is a natural resource.



EYE-OPENING COMICS

OUR OCEANS AND COASTLINES ARE OVERWHELMED WITH OUR LITTER, AND PLASTIC STRAWS ARE AMONG THE TOP TEN ITEMS FOUND.

ABOUT 500,000,000 PLASTIC STRAWS ARE USED EVERY DAY IN THE USA ALONE.

PLASTIC STRAWS ARE NOT RECYCLED.

PLASTIC STRAWS LAST FOREVER!
EVERY STRAW THAT HAS EVER BEEN MADE IS STILL ON THIS PLANET IN SOME FORM.

Where am I supposed to lay my eggs?

SAY NO TO STRAWS

OUR LITTER HURTS ANIMALS.

EVEN IF YOU DO NOT LIVE NEAR THE WATER, YOUR PLASTIC LITTER WILL GET THERE.

WE NEED TO REDUCE OUR PLASTIC USE. START WITH ONE THING- STOP USING STRAWS!

DO YOU REALLY NEED THAT STRAW?

www.eyeopeningcomics.com



Cafeteria Share Table

At lunchtime, a lot of food goes to waste. At the same time, some students might still be hungry or might be worried about whether they will have an evening meal. If you remember a time when you were hungry, you might remember feeling moody or finding it hard to pay attention. That doesn't make for a good afternoon of learning or a good night's sleep to be ready for tomorrow. A cafeteria food and drink share table will keep the food out of the trash and put it into hungry tummies.

A share table allows you to give away your uneaten, unwanted, sealed food. This way another student can enjoy it or it can be donated to a food pantry or charity. Here's how it works:

- Establish rules for the share table. All food must be "unbitten." Things that can be shared include unopened packages, such as milk cartons, cheese sticks, yogurt, crackers and cereal bars. All packages must be sealed. Unwrapped whole fruits with peels you don't eat, like oranges and bananas, can also be given away.
- On a small table, set a clear box or wire basket and a food share sign with examples of food that can be shared. Have students place items into the share basket before recycling and throwing away trash.
- Be sure that cold items, like milk, go into a refrigerated cooler or are placed on an ice bath so they stay at 41 degrees or below. Other food left out at room temperature for less than three hours can be shared or donated.
- A staff member must supervise the food share table to keep food safe and remove food that has been opened or altered. After meal service is over, staff should inspect and sort the food. Some food may be donated if it meets health department rules. A volunteer will be needed to drive the donated food at least once a week.

Food is valuable and helping others is a good thing to do in our community. If you like the idea of a share table at your school, ask for help from a teacher, school staff member or parent volunteer to get started.

How to spot a bottle

We've heard many people ask, "It's plastic, so it can be recycled, right?" Usually, the answer is no, unless it is in the shape of a bottle. So what is a bottle? A bottle is a vessel or kind of package that holds a liquid, like soda pop or shampoo, or a semi-solid, like anti-bacterial gel or peanut butter. A bottle tends to be circular or cylindrical and is usually wider on the bottom than the top. Most bottles have a neck, which is a narrower opening at the top with a cap or lid. Some bottles are the same size on top and bottom, but have a neck or mouth, like a pill bottle or a peanut butter jar.

There are so many plastic items that we use every day. Most of them cannot be recycled. That usually is a huge bummer to most kids and parents. Think of a magic marker, yogurt cup, pencil case, plastic wrap, light switch and some toys. None of these items are recyclable in your curbside recycling bin at home or in the recycling bins in the school cafeteria or classroom.

When you recycle, focus on bottles that contain food or drinks, personal care products, like soap and conditioner, or non-hazardous cleaning products, like window cleaner. Empty the bottles completely. Rinse out any sticky stuff. Let the bottles dry. Then put on the cap or lid and drop the bottles into the recycling bin.

And, yes, bottles made from metal and glass can be recycled too.



MIXED-UP MODIFIERS

Instructions: In each sentence below, one word is scrambled. Unscramble that word. Then, on the line at the right, write whether the unscrambled word is an adjective or an adverb.

- dyaot**, Mr. Sanchez taught his students about the importance of Earth Day.
- Reduce, Reuse and Recycle are the 3 Rs he discusses **ahec** Earth Day.
- The students in his classroom **cyeflrula** listened to Mr. Sanchez.
- "But, what can **yognu** people do to help the environment?" asked Emma.
- Noah suggested that students could help by using both sides of paper **obefre** recycling it.
- Joshua said that his family helps by reusing cloth shopping bags instead of **ptcisla** ones.
- "Bringing **rlbaeuse** lunch containers is better for the planet," noted Olivia.
- Isabella added that giving items to a secondhand store is better than **ysmpil** throwing them away.
- Caleb and Noah agreed that kids can do a lot to help care for **uor** planet.
- Mr. Sanchez was **yver** proud of his students for participating in the discussion.



Cuyahoga County
SOLID WASTE DISTRICT
CuyahogaRecycles.org

Visit CuyahogaRecycles.org to learn more about reducing, reusing and recycling at home, at school and in the community.

Cuyahoga County Solid Waste District
4750 East 131 Street
Garfield Heights, OH 44105

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