



Eco-Healthy Child Care



Eco-Healthy Child Care is a national program created by the Oregon Environmental Council to ensure that child care settings are as healthy, safe and green as possible by reducing children's exposure to toxins.

Recycling & Garbage Storage

Americans generate trash at an astonishing rate of four pounds per day per person, which translates to 600,000 tons per day or 210 million tons per year! While the most important way to save valuable resources is to use as few as possible in the first place, recycling and using recycled products is the next best step.

Benefits of Recycling

- Conserves natural resources like trees, metal, oil, and minerals for future generations.
- Lessens habitat destruction as a result of deforestation. Recycling reduces need for raw materials and helps preserve our forests.
- Saves energy. A lot of energy is needed to make products from raw materials; recycling requires much less energy.
- Prevents emissions of greenhouse gases and other pollutants, leading to cleaner air, cleaner water and a more stable climate.
- Reduces the need for landfills and incinerators.

17 Ways to Reduce, Reuse & Recycle

1. Recycle glass, paper, cardboard, aluminum and plastic.
2. Buy/sell used items.
3. Substitute rechargeable batteries for throw-away batteries.
4. Use a reusable bag for shopping.
5. Reduce junk mail.
6. Donate used books and magazines to your local library, school, hospital or nursing home.
7. Donate unwanted toys and clothing to your local charity.
8. Donate extra hangers to your local dry cleaner.
9. Reuse gift wrap and boxes.
10. Replace paper napkins and paper towels with cloth napkins and towels.
11. Purchase toilet paper made from recycled content.
12. Choose recycled office paper for printing.
13. Buy in bulk; use your own reusable containers.
14. Use old jars for storage or making homemade preserves.
15. Donate old computers to schools or non-profits.

16. Donate newspaper to animal shelters or pet stores.
17. Pick up books, CDs, and videos from your local library or used bookstore.

Garbage Storage

Keep garbage area clean and covered to avoid pests and minimize odors.

Recycling Resources on the Internet

- Eco Tips
www.globalstewards.org/ecotips.htm
- EPA: Reduce, Reuse, and Recycle
www.epa.gov/msw/reduce.htm
- Californians Against Waste
www.cawrecycles.org/living_green/benefits_of_recycling
- Recycling 101
www.nrc-recycle.org/recycling101.aspx
- Freecycle
www.freecycle.org
- Recycler's World
www.recycle.net/recycle
- Opt-out (reduce junk mail)
www.opt-out.cdt.org
- The Story of Stuff
www.storyofstuff.com

FOR MORE INFORMATION

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