



# Recycling Rules!

**W**hen it comes to keeping the environment clean and healthy, **recycling rules!** But do you know the recycling rules? Take a look at the items below, then use your knowledge to **help improve our environment.** Everyone can **make a difference** by recycling.



**1. Check It Out.** While almost all paper can be recycled, most communities recycle only certain paper products. Consider your family's used paper—news-papers, paper grocery bags, catalogs and magazines, letters, envelopes, and school paper. Then check with your town's recycling office to see what items you can recycle.

**2. Sort It Out.** Some communities require residents to keep glass, cans and bottles separate from each other and other recyclables. They may also require residents to separate different types of paper for recycling. You can help keep your family's recycling neat and organized by setting up several paper grocery bags in a kitchen closet, pantry or garage.

Label each bag so your family will know where to put old paper grocery bags, bottles, newspapers and other recyclables.



**3. Quality Counts.** When you recycle your used paper, quality counts. Paper collected for recycling must always be separated from "contaminants," such as plastic wraps and food waste. Plastics, adhesives (tapes, glues and labels) metal, glass, food and chemicals are all contaminants, and should not be included with your used paper for recycling. Contaminants make it difficult for paper mills to recycle your used paper into new paper. So make sure your used paper is clean and dry, with no food or drink spills.

## Fact:

The typical office worker can recycle enough office paper each week to fill a paper grocery bag (about 15 pounds). So encourage your parents to reuse and recycle paper at work. You can set a good example by using both sides of every sheet of paper before recycling it.



## Recycling Works— At Home and Work

**In 2000, more than 12.3 million tons of paper used** for printing and writing (stationery, books, copy paper, magazines, envelopes) will be collected for reuse and recycling. That's nearly twice the amount collected in 1990. **Today, Americans recycle more than 40% of all office paper.**

With more and more office workers taking action to recycle, office paper is a growing source of fiber for recycling. Families also collect office paper at home. **If your family uses a desk or a computer,** you probably have quite a bit of office paper to recycle. Old magazines and catalogs are also **an important source of fiber for recycling.**

### Did You Know?

With the office and writing paper we throw away every year, we could build a 12-foot high wall from Los Angeles to New York City.