

Recycling

CREATED BY YOUR STUDENT
SUSTAINABILITY EDUCATION
COORDINATORS

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LINKS

recycle.berkeley.edu

www.stopwaste.org

www.consrv.ca.gov

www.epa.gov/recyclecity

www.obviously.com/recycle

www.ecologycenter.org

www.ciwmb.ca.gov

www.nrc-recycle.org

WHAT'S THE BIG DEAL?

Americans throw away more than 160 million tons of solid waste every year. It only takes about 7 years to fill a landfill, and space to build new landfills is fast running out. It doesn't take a genius to figure out that we will soon run out of places to dump our trash.

This is where recycling comes in. Recycling is the physical, chemical or biological process of changing something so that it can be used again. By turning used paper into new paper and used cans into new cans, we prevent those old papers and cans from prematurely filling up our landfills. Recycling, though, does more than just save space. It conserves energy, water and mate-

rial resources in addition to preventing pollution and creating jobs. Recycling, obviously, is good.

In addition to this, recycling is the law. Alameda County is mandated to reduce its waste by 75% by 2010. The UC is currently only at 35%, the city at 47% and the county at 52%. The solution? Recycle, of course!



HOW CAN I HELP?

- The obvious one: RECYCLE! Set an example for those around you at work, at school and in your home.
- Spread the word about recycling and all its benefits. It means more coming from someone you know than a stranger.
- Buy paper with at least 30% post-consumer recycled material. Post-consumer means the paper was used, then recycled, while pre-consumer is industrial waste that was never used by a consumer



- before being recycled.
 - Buy things in packaging that has been recycled or can be recycled.
 - Paper or plastic? Paper, please! Brown paper bags are made of recycled paper and are easily recycled (only 0.6% of plastic bags are recycled).
 - Use reusable instead of disposable (for example, rechargeable batteries, plastic food containers, cloth towels and napkins, etc.).
 - Avoid Styrofoam! It cannot be recycled and takes a long time to decompose.
- *In a lifetime, the average American will throw away 600 times his or her adult weight in garbage.*
 - *Americans throw away enough aluminum every 3 months to rebuild our entire commercial air fleet.*
 - *Americans throw away enough office paper every year to build a 12-foot high wall of paper from California to New York.*
 - *Enough energy is saved by recycling 1aluminum can to run a TV set for 3 hours or to light one 100-watt light bulb for 20 hours.*
 - *Annually, enough energy is saved by recycling steel to supply LA with electricity for almost 10 years.*
 - *You can make 20 cans out of recycled material with the same amount of energy it takes to make 1 new one.*
 - *5 recycled plastic bottles make enough fiberfill to stuff a ski jacket.*



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