

# America Recycles Day

## November 15 Every Year

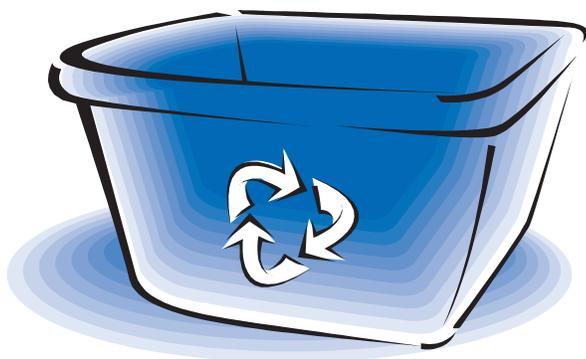
**T**he Oklahoma Department of Environmental Quality is proud to sponsor America Recycles Day (ARD) in Oklahoma. ARD is a nationwide public education and outreach campaign aimed at focusing attention on the importance of recycling and buying recycled products.

### Oklahoma Recycles Day Partners:

-  DEQ [www.deq.ok.gov](http://www.deq.ok.gov)
-  OKRA [www.recycleok.org](http://www.recycleok.org)
-  KOB [www.keepoklahomabeautiful.com](http://www.keepoklahomabeautiful.com)
-  The M.e.t. [www.metrecycle.com](http://www.metrecycle.com)

To stimulate your interest in recycling, we have developed an informational recycling packet. We have filled it with information to educate and encourage you to go out and start recycling and buying recycled products.

Once you learn how easy it is to make a difference, those old habits will be broken and new earth friendly habits will be developed!



### Included in the packet:

-  General recycling information
-  Suggested activities you can do on ARD or any day!
-  Recycling factoids
-  Resources
-  Websites
-  Fundraising opportunities
-  Holiday tips

The Oklahoma Recycles Day committee would like to encourage you to "Make Every Day America Recycles Day!"  
Contact: Susie Shields([susie.shields@deq.ok.gov](mailto:susie.shields@deq.ok.gov)) at the Oklahoma Department of Environmental Quality

# America Recycles Day

## General Recycling Information



### PAPER

Paper makes over 40% of America's trash.

♻️ Newsprint can be recycled six to eight times before paper

fibers become too short to use again. It is made into more newsprint, tote bags, liner board and even clothing and accessories.

- ♻️ In addition to newsprint, you can recycle magazines, comic books, catalogs, and junk mail.
- ♻️ Old corrugated cardboard (OCC) represents 13.8 % of America's solid waste stream. Once contamination such as Styrofoam packing, case strapping, plastic film, etc. is removed, OCC is easily recyclable. It is often remanufactured into laptop cases, bin displays, 3-ring binders, and more. The cost of OCC recycling collections can be less than the cost of throwing it away.

### GLASS

Glass makes up 7% of America's trash.

- ♻️ It can be recycled repeatedly into glass bottles, jars, tiles, and more.



### ORGANIC WASTE

Yard trimmings and food scraps make up 25% of America's trash.

- ♻️ All of this material can be composted into rich soil for use in our flower and vegetable gardens.
- ♻️ Compost is also excellent mulch.



### PLASTICS

Plastics make up 8% of America's trash.

- ♻️ Drinking bottled water wastes money, energy, and water. It takes twice as much water to make the bottle as there is in the bottle.
- ♻️ Soda bottles, tables, bicycle racks, cameras, backpacks, carpeting, shoes, clothes and more are made from recycled plastics.



### TEXTILES

Clothing (textiles) make up 11 % of America's trash.

- ♻️ To reduce waste, give clothes to younger relatives or friends. Donate clothes to churches or thrift shops.
- ♻️ Donate scraps of materials to local quilting shops.

## Importance of Closing the Loop!

For recycling to succeed, recyclable materials must be processed into new products, and those products must be purchased and used. Look for items in packages and containers made of recycled materials. Many bottles, cans, paper wrappings, bags, cereal boxes, and other cartons and packages are made from recycled materials.

# Suggested Activities

To help you get started recycling, we have listed some suggested activities for you to try at home, at work, at school or within your community. We hope these will inspire you to continue recycling and educate others about the importance of closing the loop!

## At Home

- Hold a family garage sale! Remember: One man's trash is another man's treasure! Donate unsold items to charity or local shelter.
- Buy products that use little or no packaging.
- Plant a garden! Teach your family the benefits of working in the dirt and the rewards of growing your own food. Remember to compost!
- Participate in your city's curb side or drop-off recycling program.
- Determine if you really need to subscribe to a daily newspaper, do you read it? If so, be sure to recycle them! Electronic subscriptions are now often available.
- Newspaper can be shredded and added to your compost pile. It is biodegradable and can be used as a mulch to keep weeds away from plants and hold water in.
- If you live in an apartment complex, do they have a recycling system in place? If not, talk to the management about starting one. Recruit interested tenants into helping.



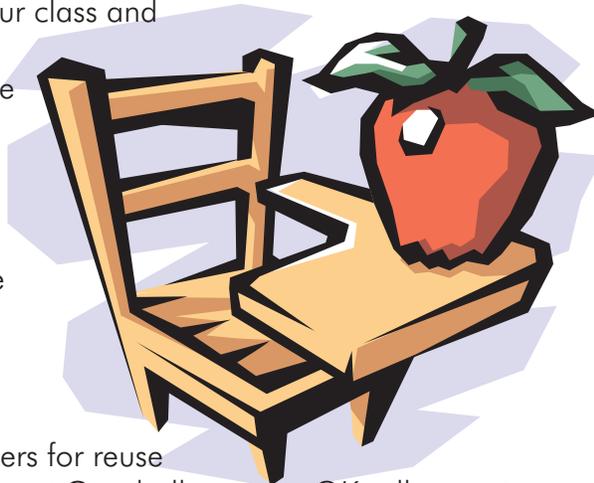
- Find paperless ways to communicate with friends and family members. Calling or e-mailing can save valuable resources.
- Teach your children about the benefits of recycling. Seeing it in action at home will have a lasting impact.
- Start a compost pile with kitchen and yard scraps. Use the rich compost in your garden and around flowers to reduce water evaporation.
- Use baby clothes or other fabric scraps to make a quilt.
- Buy products made from recycled materials.
- Buy one general household cleaner rather than a variety of products for different purposes. Make your own safe alternatives to save money. (Recipes may be found on DEQ web site.)
- Take your motor oil, brake and transmission fluids, and antifreeze to the local gas station for recycling. Call your city about Household Hazardous Waste disposal options.
- Check out the Internet for crafts to make from recycled materials.
- Join a Freecycle group in your area to trade items you don't want ([www.freecycle.org](http://www.freecycle.org)).



# Suggested Activities

## At School

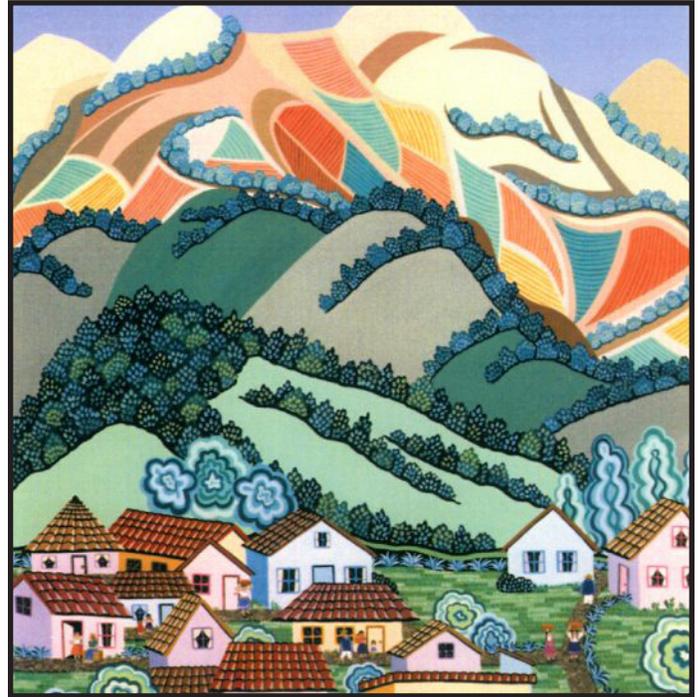
- 🌻 The PTA or Student Council can coordinate a school-wide paper drive. Remember to get all students involved.
- 🌻 Set up paper recycling bins at your school. See *Abitibi Fundraising Ideas!*
- 🌻 Participate in ink and toner cartridge recycling. See *Staples Fundraising Ideas!*
- 🌻 Hold a recycling pep rally. Have contests between classes or clubs on who can recycle the most paper.
- 🌻 Have older students mentor younger students. Have them do presentations on the benefits of recycling.
- 🌻 Have a paperless school day.
- 🌻 Organize a book exchange day (get a coupon for a book if you bring one in).
- 🌻 Organize a Recycling Fair. Display artwork, writing, and other projects related to recycling. Invite a guest speaker to talk about the benefits of recycling.
- 🌻 Have the drama class write and perform a skit about recycling and picking up litter. "The Throwaway Three" is available from the DEQ.
- 🌻 Form groups in your class and design 60 second radio public service announcements emphasizing the importance of recycling. Have students announce one PSA per week over the intercom system.
- 🌻 Collect used sneakers for reuse and/or recycling (most Goodwill stores in OK will take the shoes).



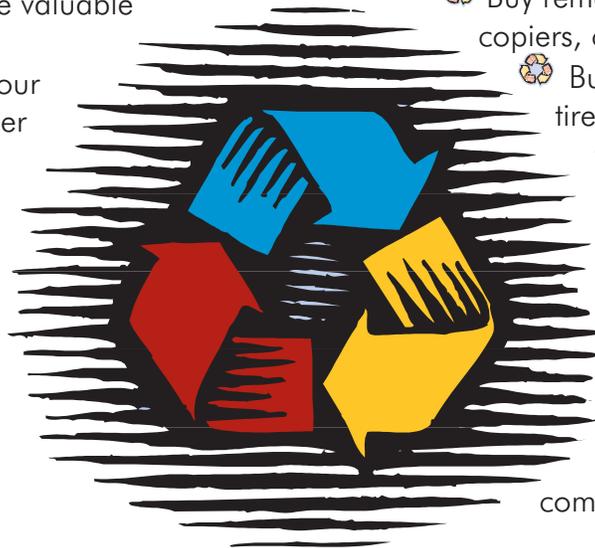
- 🌻 Have a district-wide art, essay, or poster contest. Emphasize the importance of buying recycled with a buy-recycled theme. Participate in ODOT's Trash Poster Contest. Call 405-521-4037.
- 🌻 For one day, integrate information that is related to recycling, especially buying recycled, into all subjects, such as; math, chemistry, biology, speech, etc.
- 🌻 Encourage your school cafeteria to compost food prep wastes. Horticulture or outdoor classrooms can maintain compost piles.
- 🌻 Start a worm composting bin in your classroom. See *DEQ's Worm Composting brochure on-line*.
- 🌻 Have the environmental club plan a litter-free event. See *DEQ's Litter-Free Events brochure on-line*.
- 🌻 Organize a clean up day near your school. Recycle what you can.
- 🌻 Develop a take home survey to determine how many students already recycle; send home information about your school's recycling program.
- 🌻 Secondary students can design a recycling and /or "use less stuff" coloring book for elementary students.
- 🌻 See *Resources section on page 9 for Curriculum Information*.

# Suggested Activities At Work

- 🌱 Hold an America Recycles Day (held annually on Nov. 15) pledge drive for employees. Find information on-line at [www.recycleok.org](http://www.recycleok.org).
- 🌱 Set up a recycling program. Be sure to get support from top management. Appoint a recycling coordinator and assemble a Green Team. Perform a *waste audit* to determine what types of waste your business produces. This is important when arranging for a recycling company to pick up your materials. Select a recycling company. See *Local Recyclers* on page 11. Educate your office by setting up clearly marked recycling bins. Prepare staff and begin recycling!
- 🌱 Organize a “Clean Your Files” Day at work ([www.usmayors.org/recycle](http://www.usmayors.org/recycle)).
- 🌱 Provide desk side recycle bins made of recycled content for all your employees.
- 🌱 Encourage co-workers to use ceramic mugs instead of their disposable counterparts.
- 🌱 Change the way you print and copy, keep reduction in mind. Set printers for default duplex printing.
- 🌱 Find paperless ways to communicate. Using email and voicemail to communicate with co-workers and clients can save valuable resources.
- 🌱 Buy recycled materials for your business—from recycled copier and printer paper to toilet paper, paper towels, and rechargeable Nickel-Cadmium batteries.
- 🌱 Support local schools, churches, and community organizations in their recycling efforts.



- 🌱 If you are a store owner, look for products with less packaging, and offer larger economy-sized items for household products, or items that are used frequently.
- 🌱 Hold a promotional sale of “Recycled” or “Green” products.
  - 🌱 Buy remanufactured office furniture, copiers, computers, iPods, etc.
  - 🌱 Buy re-refined oil and retread tires for your fleet vehicles.
  - 🌱 Start a coffee composting club at work. Organize a group of interested co-workers. Locate 2 plastic buckets with handles for collecting coffee grounds. Have interested co-workers take turns weekly taking the grounds and filters home to compost.



# Suggested Activities In Your Community



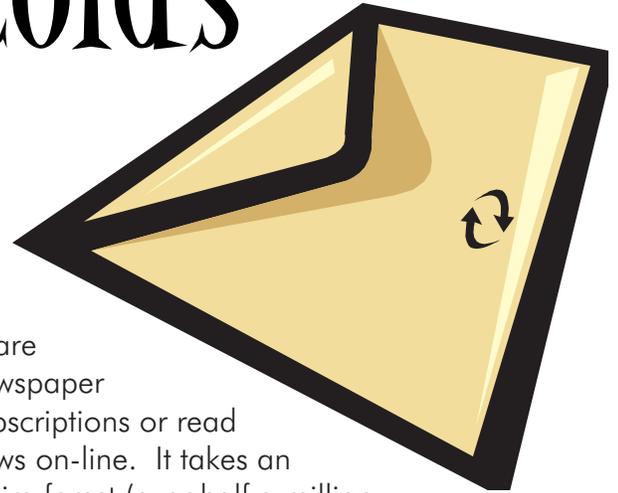
- Participate in community recycling events, curb side programs, and drop-off collections. Call community officials, the local recycling center, or a nearby recycling business to find out if and how materials should be separated. Help spread the word in your area.
- Plan a Recycle Olympics Event! A flyer is available on-line @[www.metrecycle.com](http://www.metrecycle.com). Team games include an obstacle course relay, academic trivia, recycled art competition and speed- sorting of recyclables. Individuals can participate in games such as two-liter ten pins, aluminum can smash, and milk jug catch.
- Set up an interactive display that promotes the "buy recycled" message in your local library. Include posters, flyers, and brochures.
- Start a recycling program in your community. If a recycling program does not exist in your community, participate in establishing one. Work with community officials to determine the most cost effective recycling options for your area. Recruit other interested citizens to help with the project. For help call the Department of Environmental Quality at 405-702-5100

or check out Community Recycling Toolkit on the DEQ web site (online by 11-15-08).

- Hold a community wide Garage sale or swap meet. Invite as many participants as possible. Be sure and advertise the event. Donate portion of earnings to a local charity.
- Start a community garden! Recruit youth organizations to help. Remember to incorporate composting into your garden. Composting is a method of making rich soil amendment from yard and kitchen scraps. It also acts as mulch, holding in water.
- Plan an environmental recycling fair at a local park. Invite specialists in the area of recycling to speak to the community. Plan activities for the children including making crafts from recycled products. Also have displays from companies that use recycled materials to make new products.
- Consider conducting a food or clothing drive to help others. Where appropriate, encourage area merchants to donate damaged goods and food items that are still edible to food banks, shelters, and other groups that care for the needy.



# Recycling Factoids



♻️ Recycle aluminum cans. Every three months Americans throw out enough aluminum to rebuild America's entire commercial airfleet. Making aluminum cans from recycled materials create 95% less air pollution than making them from raw materials. You can make 20 new aluminum cans from the recycled materials with the same energy it takes to make one can from raw materials. The primary ingredient in aluminum is bauxite ore, often mined in the rainforest.

♻️ Recycle office paper. Every year Americans throw away enough office and writing paper to build a wall twelve feet high stretching from Los Angeles to New York City. All that paper is recyclable. Making new paper from waste paper results in 74% less air pollution and 35% less water pollution than using raw materials. Every ton of paper that is recycled saves 7,000 gallons of water, 17 trees and 3 cubic yards of landfill space.

♻️ Share newspaper subscriptions or read news on-line. It takes an entire forest (over half a million trees) to make all Sunday newspapers in the United States every week. Every day Americans buy about 62 million newspapers and throw away around 44 million of them. If we recycled just half of our newsprint every year, we'd need 3,200 fewer garbage trucks to collect trash.

♻️ Carry a reusable cup. Americans produce enough Styrofoam cups each year to circle the earth 426 times. That's one hundred cups per person per year. These cups are made from petroleum products, a non-renewable resource.

♻️ Purchase items with less packaging or recycled packaging. One-third of all garbage discarded by Americans is packaging. Packaging also accounts for \$1 out of every \$10 that consumers spend.

♻️ Recycle glass drink containers. Glass never wears out; it can be recycled forever. Each glass bottle that is recycled saves enough energy to light a 100-watt bulb for four hours. Making glass out



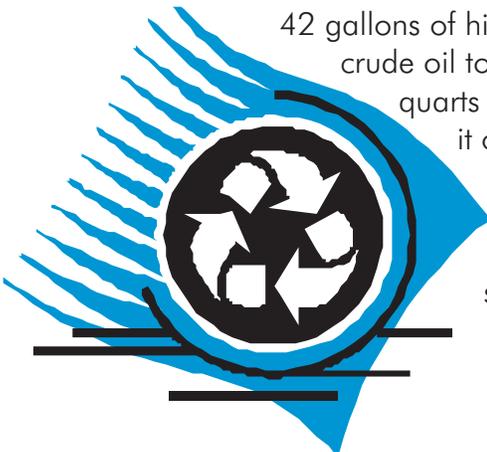
# Recycling Factoids continued



♻️ Recycle plastic drink containers. Americans dispose of 3 million plastic drink bottles every hour, yet only 1 out of 4 is recycled. That's enough to circle the earth over four times in a year. Recycling one ton of plastic saves the equivalent of 1,500 gallons of gasoline. Recycled plastic can be reprocessed more than four times in a year. Remanufactured plastic products include such items as insulation, carpet, plastic lumber for outdoor furniture and playground equipment, paint brush bristles, trash cans, recycling bins, clothing, book bags, filters and insulation.

♻️ Ask your local auto supply store for recycled motor oil. Motor oil does not wear out—it simply gets dirty. It can be used again and again. Americans throw away enough used motor oil every year to fill 120 super-tankers and it could all be recycled. It takes 42 gallons of high quality crude oil to produce 2-1/2

quarts of motor oil; it only takes 1 gallon of waste oil to produce the same amount.



♻️ Recycle your used motor oil. Dumping out one quart of used motor oil can pollute 250,000 gallons of water. Used motor oil contains heavy metals from your car's engine and should NEVER be dumped into the storm drain. Used motor oil can be burned for fuel in heaters without the re-refinement process.



♻️ Use rechargeable batteries instead of disposable ones. Batteries corroding in landfills can contaminate our groundwater with cadmium, mercury and lead. Take used batteries to a household hazardous waste (HHW) collection day—if your community has one. Call your public works department to find out what to do with your HHW.

♻️ Store food in reusable containers or use resealable pouches that can be washed and reused. Americans use enough plastic wrap every year to shrink-wrap the State of Texas. Plastic bags and film account for up to 40% of America's plastic garbage.

♻️ Reuse or recycle cardboard boxes. Americans use enough cardboard every year to make a bale as big as a football field and as high as the former World Trade Center.

♻️ Recycle steel cans (often called tin cans) and other scrap metal items. Every year we save enough energy by recycling steel to supply the City of Los Angeles with electricity for ten years. Every ton of scrap metal recycled saves 2500 pounds iron ore, 1,000 pounds coal and 40 pounds limestone. Recycling scrap metal consumes 75% less energy than raw materials.

# Recycling Resources

## FUNDRAISING OPPORTUNITIES

### ABITIBI PAPER RETRIEVER PROGRAM

<http://www.paperretriever.com/>

Newspaper recycling bins generate some income.

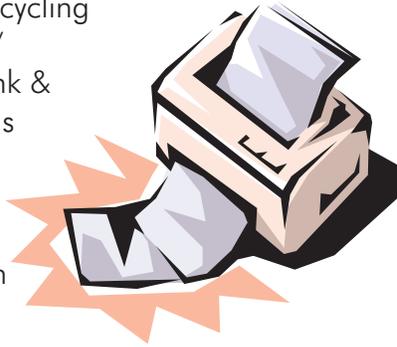
### STAPLES Ink cartridge recycling

<http://www.staples.com/>

Recycle for Education: Ink & toner cartridge donations

### COLLECTIVE GOOD:

Cell phone recycling  
[www.collectivegood.com](http://www.collectivegood.com)



### TERRA CYCLE

[www.Terracycle.net](http://www.Terracycle.net). Current projects include collection of: Energy bar wrappers, drink pouches, cookie wrappers and more.

## GRANTS AVAILABLE \$\$\$

The Environmental Education License Tag Grant

[www.deq.state.ok.us](http://www.deq.state.ok.us) (offered each fall).

Contact Susie Shields at: 405-702-5166 or

[susie.shields@deq.ok.gov](mailto:susie.shields@deq.ok.gov).

Greenworks!

Community  
Action Projects.

Contact

Christina

Stallings

Robertson at

405-522-6158.



## CURRICULUM

**Please email Susie Shields at DEQ at [susie.shields@deq.ok.gov](mailto:susie.shields@deq.ok.gov) for information**

DEQ Resource CDs available for schools:

Air

Water

Recycling

Sustainability

Green Schools

Edible Garden Planning Guide



# Check These Out!

To see these DEQ pamphlets, visit [www.deq.ok.gov](http://www.deq.ok.gov).

-  LOCKER CLEANOUT  
An Environmental Event
-  LITTER-FREE EVENT  
Guidelines for sponsoring
-  DEQ WASTE-FREE LUNCH DAY TIPS
-  BACKYARD COMPOSTING

 WORM COMPOSTING  
Let Worms eat your Garbage

 HOUSEHOLD HAZARDOUS WASTE FACTS

Plus a whole lot more on our DEQ Website!!!  
Look in the lower right of the main DEQ web page and you'll find links to our publications and fact sheets!

To order a CD with recycling curriculum, information and school projects, see bottom of page 9.

## Recycling Web Sites

### Websites for Young Children

[www.planetpals.com](http://www.planetpals.com)

Planet pals Earthzone Recycle Center. Remember to reduce, reuse, recycle, and repair all kinds of things used in everyday life.

[www.epa.gov/kids/garbage.htm](http://www.epa.gov/kids/garbage.htm)

Environmental Explorers Club: Garbage and recycling

[www.commerce.state.il.us/com/recycling/kids/](http://www.commerce.state.il.us/com/recycling/kids/)  
Kid's Recycle Zone

<http://epa.gov/epaoswer/osw/kids/>

EPA's Planet Protectors club. Activities for youth

### Websites for College students

[www.onesweetwhirled.org](http://www.onesweetwhirled.org)

One sweet campaign to fight Global warming. Interactive site.



### Websites for Adults

[www.42explore.com/recycle.htm](http://www.42explore.com/recycle.htm)

Chose from a long list of links to web pages about recycling plastics, paper, batteries, and other types of garbage.

[www.earth911.org/master.asp](http://www.earth911.org/master.asp)

Earth 911. Environmental information including recycling, water pollution and conservation

<http://grn.com/>

Global Recycling Network. Information exchange for recycling.

[www.commerce.state.il.us/com/recycling/](http://www.commerce.state.il.us/com/recycling/)  
Illinois recycling. Introduction to recycling.

### America Recycles Day

[www.americarecyclesday.org/](http://www.americarecyclesday.org/)

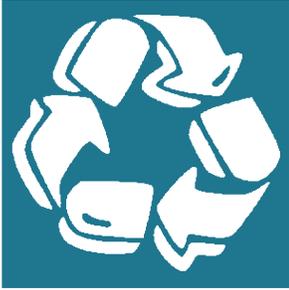
### Oklahoma Recycling Association (OKRA)

[www.recycleok.org](http://www.recycleok.org).

### The Greens

<http://meetthegreens.pbskids.org/features/>

# LOCAL RECYCLERS



The following Internet addresses take to you a list of Oklahoma recyclers listed by county. Oklahoma and Tulsa Counties have separate listings on the same web site. Counties A-L

[http://www.deq.state.ok.us/LPDnew/recyclers/recyclers\\_a-l.html](http://www.deq.state.ok.us/LPDnew/recyclers/recyclers_a-l.html)

Counties M-Z

[http://www.deq.state.ok.us/LPDnew/recyclers/recyclers\\_m-z.html](http://www.deq.state.ok.us/LPDnew/recyclers/recyclers_m-z.html)

## DATES TO REMEMBER

November 15- America Recycles Day

Use Less Stuff Week is the same week as Earth Day

Arbor Week - Last week of March

April 22- Earth Day

Now that you are geared up to start recycling, let's keep going through the holidays!

## Holiday Tips to Use Less Stuff

### Thanksgiving

- Purchase what food you need- plan ahead.
- Purchase what food your family likes-and try to avoid leftovers.
- Prevent spoilage and waste- Store and preserve properly and freeze before spoilage.
- Compost leftover waste
- Don't shop on an empty stomach
- Use dishes, not paper plates unless you compost them
- If you use plastic utensils and plates, collect and reuse
- Purchase products in recyclable containers
- Get out family linens-napkins, tablecloths, launder after holidays
- Rent dishes, napkins, cups and saucers,



- Point out the ways your party demonstrates waste reduction and recycling, and SPREAD THE WORD!
- Enjoy the time with your family and friends!

# Holiday Tips to Use Less Stuff Christmas

- 🌱 Plan ahead- avoid impulse buying
- 🌱 Wrap gifts in newspaper, especially colored comics
- 🌱 Make the wrapping part of the gift, nice scarf, tea towel, handkerchiefs, etc.
- 🌱 Gift family heirlooms – such as pictures
- 🌱 Consider the impact of your gift: Is it environmentally friendly and safe for children? Will it be reusable? Is it recyclable or made from recycled materials?
- 🌱 Give gift certificates for services such as hairdresser, car wash, oil change, or for personal services, such as doing the dishes for a week, shining the silver, raking the leaves, etc.
- 🌱 Give consumable gifts that you know they like and need- stamps, etc.
- 🌱 Purchase holiday cards made from recycled paper or make your own from items found around your home.
- 🌱 Help someone recycle. Give a can crusher, a set of recycling bins, or a recycling cart.



- 🌱 Give an experience: concert tickets, a ride on a train or a hot air balloon ride.
- 🌱 Create and give a family recipe book
- 🌱 Give a starter garden: Seeds, gloves, tools, etc.
- 🌱 Give a book on “How to Compost!”
- 🌱 Bird feeder and seed
- 🌱 Water-saving shower head
- 🌱 Compost bin
- 🌱 Automatic thermostat control device (automatically turns down heat at night)
- 🌱 Give yourself or your children time to simply enjoy the season!

## Christmas Trees

- 🌱 Consider buying a potted Norfolk pine, fig tree or indoor houseplant that can be used every holiday season as your evergreen tree.
- 🌱 Consider buying an artificial tree that can be reused every year
- 🌱 Find out if your city takes donated Christmas trees. Some will shred the trees and allow contributing citizens pick up mulch later.
- 🌱 When sunk into private fish ponds, trees make excellent refuge and feeding areas for fish.

