

Change is in your hands...



Can you recycle a beer bottle if a lime wedge is stuck in the bottom? What about those last bits of peanut butter in the jar? Yep! Place them in with your regular recycling & the recycling plant should be able to remove most contaminants.

Turn off your computer and unplug the power strip when you leave for the day. Computers are now accustomed to being turned off regularly. The old myth that it's better to keep it on is...well, a myth!

Have a Brita water filter? It's recyclable. Mail-in or drop-off instructions for Whole Foods can be found at www.preserveproducts.com.

Many store-bought cleaners are toxic. White vinegar, hydrogen peroxide, lemon juice, and even corn meal become perfect replacements. Get instructions at www.ehow.com.

Air fresheners contain dangerous ingredients like dichlorobenzene, naphthalene, and formaldehyde. Freshen your air naturally with essential oil burners or spices like cinammon, clove, & lavender.

Save 500 gallons of water per month, per person just by turning the faucet off while brushing your teeth.

Hard-to-recycle plastics often contain toxins that can leach into food and water, especially when heated. Transfer foods to paper or glassware when microwaving and try not to store items in them for too long.

Bring your lunch in reusable containers. Use real plates & utensils at lunchtime instead of throwaway plastic.

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