

Earth Day, Every Day



...from St. Francis Pledge Ministry

Did You Know...

- that the average American generates **52 tons** of garbage by the age of 75?
- if everyone in the world lived as Americans do, we would need **5 Earths** to support humanity?
- that scientists predict that by the year 2050 there will be **more pieces of plastic** than fish in our oceans?
- Americans **still** throw away 185 pounds of plastic per person every year?

What changes can be made to save resources to ensure a reasonably healthy future for our youth?

REDUCE, REUSE, RECYCLE, & ROT

1. **REDUCE** – the waste that comes with packaging
 - a. Avoid disposables
 - b. Leftovers? Bring your own containers to take it home
 - c. Buy in bulk
 - d. Use reusable containers (for lunch etc)
 - e. Buy recycled – content products
 - f. Make your own products (shampoo, toothpaste, deodorant etc)
 - g. Avoid plastics
 - h. Don't waste food
2. **REUSE** – as much as possible
 - a. Use washable rags and cloth napkins instead of paper (towels and napkins)
 - b. Donate unwanted items – turn trash to treasure for someone else (use Goodwill, Craigslist, Freecycle etc.)
 - c. Tools can be cleaned and sharpened to prolong their use
 - d. Always use both sides of a piece of paper
 - e. Be creative, a lot of things can be reused into art projects
 - f. Buy second hand clothing and shoes
3. **RECYCLE** – as much as possible
 - a. Bottles and cans (aluminum, plastics, glass)
 - b. Clean paper (office paper, magazines, newspaper, junk mail, shredded paper)
 - c. Textiles (clothing, shoes, linens etc.)

<http://gnowfglins.com/2015/06/29/reduce-reuse-recycle-rot-the-four-rs-of-conservation/>



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Did You Know...

- that **40% of food is wasted** in the US and **has never been eaten** but **1 in 6** Americans don't know where their next meal will come from?
 - that every day, Americans waste enough food to fill the Rose Bowl?
 - if the U.S. wastes just 5% less food, it would be enough to feed 4,000,000 Americans?
 - that 1.3 billion tons of all food produced in the world is lost in the production cycle or wasted?
 - that the average American throws away 209 to 254 pounds of edible food each year?
4. **ROT** – Compost everything
- a. Food scraps
 - b. Food soiled paper products

8 Steps to Reduce Your Food Waste:

1. **Shop Wisely** – avoid impulse shopping, plan meals, use shopping lists, avoid super deals
2. **Buy Funny – Looking Fruit** – Buying these perfectly good fruit utilizes food that might otherwise go to waste
3. **Learn When Food Goes Bad** – people get confused by “use-by” and “best-by” dates which are based on manufacturer suggestions for peak quality and can cause people to throw out food for fear that it is spoiled, when in fact it is still consumable
4. **Use the Freezer** – Freeze fresh produce and leftovers if you won't have the chance to eat them before they go bad
5. **Request Smaller Portions** – Restaurants will often provide half-portions upon request at reduced prices
6. **Eat Leftovers** – Only about ½ of Americans take leftovers home from restaurants. If you eat out, get your leftovers packaged up so you can eat them later
7. **COMPOST FOOD SCRAPS** – composting food scraps (and food soiled paper products) can reduce their climate impact while also recycling their nutrients
8. **DONATE FOOD** – non-perishable and unspoiled perishable food can be donated to local food banks, soup kitchens, pantries, and shelters.

<http://visual.ly/21-shocking-us-food-waste-facts-statistics>

