



REDUCE-REUSE-RECYCLE



**LA GRANGE HIGHLANDS
CIVIC ASSOCIATION**

Advocating for a vibrant and safe community.



These three actions are ***focused on reducing waste***, whether through the conservation of raw materials and energy, or the reuse and recycling of products. Do your part by watching what you buy, supplying your own packaging, and carefully considering what you do with each item you purchase once it is no longer useful to you. There are also simple habits you can develop to help you consume less water and electricity. Being "green" ***saves you money and creates a sense of satisfaction from making environmentally friendly choices****.



REDUCE

- Buy products with less packaging.
- Take a reusable bag with you shopping.
- Do without disposables.
- Use less water.
- Cut down on electricity use.
- Stop junk mail and paper billing.
- Consider alternative transportation.
- Take the stairs.



REUSE

- Save packing materials.
- Buy and donate used clothing.
- Save and reuse plastic and paper bags.
- Turn old materials into art.
- Purchase reusable products.
- Opt for a used car, motorcycle, and bicycle.



RECYCLE

- Shop for recycled products.
- Make sure your plastics can be recycled.
- Take advantage of your curbside recycling pickup.
- Check local restrictions. Recycle old electronics at local recycling centers.
- Compost your food and yard waste.



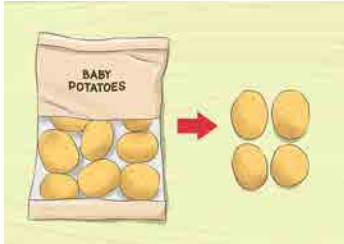
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*Full packet of environmentally friendly strategies to reduce waste is available at: lgihcivic.com.



REDUCE USE OF MATERIALS AND ENERGY



Buy products with less packaging.

Practice “precycling” by only buying products whose materials can be recycled.

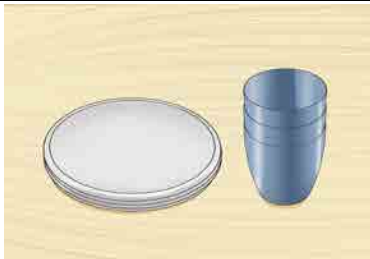
Bring your own plastic bag or container to put the bulk food in. And try to buy bulk sizes of food or sanitary products, which saves on packaging.

- When buying produce at the grocery store, avoid packing the product in an extra plastic bag if it isn’t necessary. Vegetables such as potatoes, onions, peppers, tomatoes, beets; and fruits such as bananas, apples, plums, and melons shouldn’t require an extra bag.
- Instead of buying canned soup or pasta sauce, learn to prepare them at home.
- Avoid single-serve or individually wrapped items.



Take a reusable bag with you shopping.

Take durable canvas or synthetic-fiber bags, a backpack, or a basket with you to the store, enough to hold whatever you plan on buying.



Do without disposables.

Disposables contribute large amounts of waste to our environment. They include things like plastic forks, knives, plates, and cups. They also include things like diapers and razor blades. Instead of buying items that you'll throw away after using them, buy items that you can use again and again.

- Instead of using disposable diapers, try cloth diapers or nappies.
- Get a razor with replaceable blades rather than a disposable razor.
- For picnics, serve with re-usable plastic or wooden plates, cups, and utensils.



Use less water.

Try to reduce your shower time to between 5 and 10 minutes. Turn off the water when shampooing or scrubbing. Take fewer baths as well, since they can consume more water than a short shower. When you brush your teeth, turn off the faucet between soaking and rinsing the brush.



Cut down on electricity use.

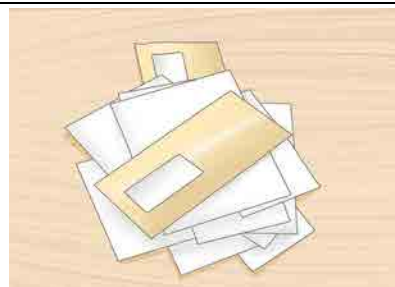
Turn off or unplug any electrical appliances that aren't being used, such as the TV, radio, stereo, computer, lights, or chargers for cellphones or mp3 players.

Try to wash clothes by hand, and dry them outside as much as possible.

If you purchase appliances, such as dishwashers, washing machines, and dryers, choose ones that are rated with the Energy Star classification.

- Replace all incandescent lightbulbs with Energy-Star-rated compact fluorescent lightbulbs (CFLs), which can save you \$6 in energy costs per year.
- Try towel drying your hair instead of blow-drying it.

If it is cold inside your residence, just put on a jacket or sweater instead of turning up the heat.



Stop junk mail and paper billing.

If you're receiving junk mail, call the sending company's 800 number, usually found on the offer or order page, and ask to be removed from their mailing list.

Request electronic bill instead of paper for all your utilities, member dues, and other recurring payments. Access your account online or by phone, and see if you can switch to electronic bills instead.



Consider alternative transportation.

Try to walk, bike, or take public transit to school or work. If possible, invest in an electric or hybrid vehicle--these options are more fuel-efficient and emit less carbon into the atmosphere.

Organize carpools with your neighbors or co-workers to reduce fossil fuel use.

Choosing a residence as close as possible to your place of work will reduce both your commute time and energy consumption.



Take the stairs.

Escalators and elevators are convenient, but sometimes they are not necessary, especially if you only have to travel 1 or 2 floors. Not only will taking the stairs save electricity, but you'll also get some exercise in. You also won't have to wait in line.

Escalators and elevators cost money to run. By taking the stairs, you may see lower prices (if you're at a shopping center) or a higher salary (if you're at an office building).

There are instances where taking escalators or elevators may be necessary, such as if you have an injury, a bad knee, or need to get to the 24th floor.



REUSE A VARIETY OF GOODS



Save packing materials.

Hang on to any boxes, envelopes, and other packing materials from products you buy or receive in the mail. You can repurpose these when you need a container to put gifts in before wrapping them, when mailing envelopes or boxes, and when you need packing materials, such as styrofoam peanuts, for a shipment.

Boxes can take up a lot of space. Save 1 box to store all of your packaging materials in but fold the other boxes up so that they take up less space.



Buy and donate used clothing.

Shopping at thrift or consignment stores is an excellent way to pass up energy- and materials-wasting new products. To support these stores' operations, get in the habit of regularly clearing out your closet, garage, and basement to find items you're willing to donate.

You can also hand clothing down to your siblings. If you and your wears wear a similar size, consider trading outfits with them.

When donating clothes, make sure that everything is in good condition. Don't donate old, worn, dirty, or torn clothing.



Save and reuse plastic and paper bags.

You can reuse them to carry your groceries or even as trash bags. They're also good for storing partially-used produce in the refrigerator, protecting fragile or potentially leaky items in a suitcase, and for general carrying around.

Use a plastic shopping bag for small trashcans, instead of buying small garbage bags.



Turn old materials into art.

Fabrics, papers, cardboards, metals, and plastics can all be easily used for arts and crafts. Some items can be purely decorative, such as collages, while other items can be more useful, such as coin purses.

For example:
transform old magazine photos into a collage; turn plastic bottles into coin purses; make a scarecrow for your garden out of old clothes and packing materials; and turn mason jars or metal cans into planters for your herbs.



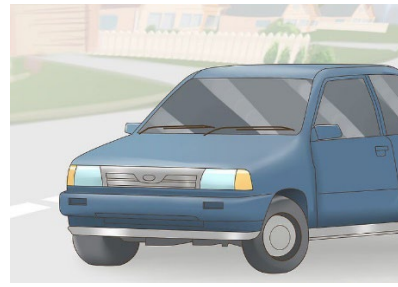
Purchase reusable products.

Favor food products packaged in reusable jars, bottles, and recyclable plastic bins. These can be useful for storing leftovers.

Use nickel-metal-hydride (NiMH) rechargeable batteries, you'll avoid contributing to the toxic waste source of disposable batteries.

Instead of buying bottled water, fill up a reusable plastic bottle or glass jar from the faucet. If you buy bottled water for health reasons, get the largest size available to cut down on packaging waste.

Use washable fabric handkerchiefs and dinner napkins instead of disposable tissues.



Opt for a used car, motorcycle, and bicycle.

It takes a considerable amount of energy and raw materials to manufacture a new car. Buying a compact, fuel-efficient used car keeps you from contributing to this waste and the pollution it produces. These vehicles also will consume less fuel, while taking up less space on the roads and in parking lots.

Look for cars from the 1990s or early 2000s that typically get 30-40 miles per gallon, such as the Geo Metro, Ford Festiva or Aspire, Honda CRX HF, Toyota Tercel or Corolla, Mazda Protege, or Dodge Colt.

Buying used motorbikes and bicycles can also save resources.



REDUCE-REUSE-RECYCLE

GET INTO THE RECYCLING HABIT



Shop for recycled products.

Check the labels of paper, plastic, and metal products to see if they were made from recycled materials. Look for a phrase near the barcode that says something like, "This product was made from 50% post-consumer recycled material."

Some items are made from biodegradable materials. For example, some plastic and straws are made from biodegradable corn.



Make sure your plastics can be recycled.

Not all plastics are the same. Some of them can be recycled while others can't. Check the numbers on the bottom of your plastic item, then refer to your recycling rules.

Most recycling centers take all SIP codes except for #6.



Take advantage of your curbside recycling pickup.

Curbside pickup up of recyclables is available but please see below for a full picture of what is accepted and not accepted.

Recycling Preparation

- All materials may be mixed together.
- Paper may be placed in paper bags (optional).
- Flatten all corrugated cardboard and paperboard boxes.
- Remove any non-paper packing material
- Rinse all recyclables free of food residue and remove lids.
- Use PAPER bags when possible.
- It is okay to leave the caps on your plastic containers.

PAPER

- Newspaper (with inserts)
- Magazines/Catalogs Glossy & Non-glossy
- Telephone Directories
- Office/School Paper
- Advertising/Junk Mail
- Kraft Brown Paper Bags
- Corrugated Cardboard
- Paperboard/Chipboard
 - Boxes of Cereal, Pasta, Clothing, Tissue

PLASTIC

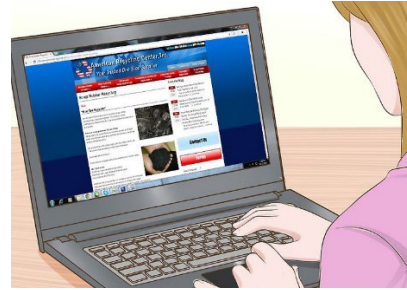
All plastic bottles and containers with these symbols (SIP codes):

- Plastic beverage
- Milk, water and juice bottles
- Liquid detergent, fabric softener, bleach, shampoo
- Yogurt cups
- Vegetable oil bottles



METAL

- Aluminum Cans
- Steel or Tin Cans



Check local restrictions.

Take a look at the FAQ webpage for your city or county's recycling facility, which should list which materials that are and are not accepted for recycling.

Materials such as styrofoam and some plastics are commonly turned away by recycling centers.

On the bottom of plastic containers, look for a number surrounded by three arrows--the universal recycling symbol. The number is an SPI Resin Identification Code, which indicates the type of plastic. The lower the number, the more likely it will be accepted.

GLASS

- Bottles and Jars Only.
- Brown, Green and Clear Glass.

ASEPTIC PACKAGING

- Juice Boxes.
- Milk Cartons

DO NOT: For the Love of Recycling

- **DO NOT:** recycle wire hangers (please return to your cleaners).
- **DO NOT:** recycle mirrors, lightbulbs, window glass, or ceramics in recycling container.
- **DO NOT:** include soiled paper fibers (oily pizza boxes, paper napkins, etc.)
- **DO NOT:** recycle batteries.
- **DO NOT:** place materials in plastic bags.
- **DO NOT:** include styrofoam, wood, plastic film, plastic bags, plastic toys, or diapers in recycling containers.
- **DO NOT:** recycle electronics.

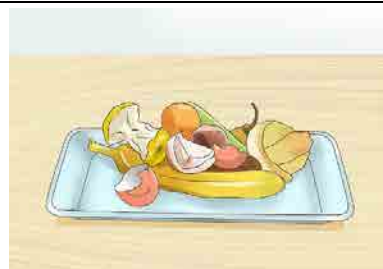


Recycle old electronics at local recycling centers*.

It's best to have these recycled to reduce their environmental impact.

Donate your equipment to a local non-profit, such as a community center or veterans' association. Some computer companies, such as Dell, offer to pick up your unwanted computer free of charge for recycling. Hewlett-Packard recycles ink cartridges, laptop batteries, and cell phones, among others. Apple offers a gift card in exchange for your old computer.

Go to [earth911](#) and type in your zip code to find locations for all your recycling needs.



Compost your food and yard waste.

Instead of throwing away what you don't eat, and tossing your landscaping trimmings, why not put them towards a compost heap for your garden? This way you'll save on fertilizer and spare your city some change in reduced waste pickup. You can buy a plastic compost bin at most garden centers.

Commonly composted materials include vegetable and fruit scraps, egg shells, straw, hair and fur, coffee grounds, tea bags, horse manure, grass and plant cuttings, and leaves.

Avoid composting dairy products, meat and fish, cooked foods, weeds, tissues, treated or colored paper, and coal ash.

RECYCLING GUIDELINES

YES!

Clean & Empty

Replace lids & caps



METAL

Steel & Aluminum Containers and Foil



PAPER

Cardboard (flattened),
Office Paper, Newspaper, Magazines



GLASS

Containers: Bottles & Jars Only



PLASTIC

Containers: Bottles, Tubs, Jugs,
and Jars Only



CARTONS

May be acceptable in some
programs, check with
local authority.

NO!

**Put material in loose
- Not in Bags**



**No Plastic Bags
No Plastic Wrap**
(return clean to retailer)



No Big Items (Electronics, Wood,
Propane Tanks, Scrap Metal or Styrofoam –
check local authority for other options)



No Tangles (Hangers, Hoses,
Wire, Cords, Ropes or Chains)



No Clothing
Textiles or Shoes (donate)



**No Food, Liquid, Diapers,
Batteries or Needles**



No Shredded Paper
(check with local authority
for other recycling options)

These Guidelines represent the common items accepted in most recycling programs in Illinois.
For greater detail on specific items or programmatic variations, reach out to your local authority.

For more detail, see the IEPA online resource at
<https://www2.illinois.gov/epa/topics/waste-management/Pages/recycling.aspx>





It's time to rethink recycling. Here's how.



Did you know recycling
just one aluminum can
saves enough energy to:



Run a TV for two hours?



Power a 14-watt CFL
bulb for 20 hours?



Power a computer
for three hours?

When you think of the difference just
one person could make, imagine the
positive impact whole communities
could have by recycling.

Give This Paper a Future!

This isn't this piece of paper's first rodeo. It's been recycled before, and it can be recycled again. So do your part.

Check out these other items that can thank recycling for a chance at an exciting second career.



That bottle in your cup holder today could become a park bench or even filling for a parka one day.



Recycle that newspaper today, and it could return to your home in the form of a cereal box.



Recycle that aluminum can today, and it could be back on the shelf as a new one in just 60 days!

And this piece of paper? Recycle it today, and who knows what story it might tell later.

About Waste Management:

We partner with our customers and communities to manage and reduce waste from collection to disposal while recovering valuable resources and creating clean, renewable energy.

Contact your local Waste Management representative or email rorr@wm.com

RECYCLING RULES

1. RECYCLE ALL BOTTLES, CANS AND PAPER

2. KEEP ITEMS CLEAN AND DRY

3. NO PLASTIC BAGS

Certain offenders can slow down the recycling process or even ruin the load.

Make the Promise at
RecycleOftenRecycleRight.com
...and then pass it on

Participation
is Key



With the help of communities across the country, Waste Management recycled enough material last year to fill 168,819 Boeing 737s.

Always recycle:



Plastic Bottles
& Containers



Food & Beverage Cans



Paper



Flattened
Cardboard
& Paperboard



Food & Beverage
Cartons

Do NOT include in your recycling cart:



NO Food Waste



NO Plastic Bags
& Film



NO Foam Cups
& Containers



NO Needles

You Have the Power!

Ever wonder, "Why and how to recycle?" When you use **"Recycle Often. Recycle Right."**SM great things happen. Every day we encounter hundreds of recyclable items. By recycling properly, you help materials get to their next best use, which in turn saves tons upon tons of raw materials, time, energy and expense.

It's Time to Rethink Recycling

To Learn More Visit: RecycleOftenRecycleRight.com

69% of plastic bottles don't get recycled: 45% of aluminum cans end up in the garbage.' Liquids often spoil a whole load of otherwise recyclable paper. That's why it's time to get back to the basics of good recycling. The fact is that some recycling actions make a bigger impact than others. The **Recycle Often. Recycle Right.**SM Recycling Rules will help you rethink recycling to make a sustainable impact!

Visit RecycleOftenRecycleRight.com to make the promise and become a Recycling Ambassador. Whether you're a home owner, teacher, city official, business, kid, or a recycling enthusiast, all the information you need to help pass it on is just few clicks away.

***Local electronic recycling centers:**

eWorks – 1201 Estes St., Elk Grove; Mon. – Fri. 7 a.m. – 3:30 p.m.

Village of Burr Ridge – Public Works Facility; 451 Commerce St.; Mon – Fri; 7 a.m. to 3 p.m.

ITEMS ACCEPTED

Adaptors Ballasts (fluorescent tubes & bulbs must be removed from the fixture) Blenders Cable Receivers Cameras CD Players Cell Phones Christmas Lights Circuit Boards Coffee Pots (not the glass part) Computers (CPUs, Laptops, Tablet PCs, computer batteries) Computer Drives Cords & Cables Humidifiers (NO dehumidifiers will be accepted) Digital Converter Boxes Digital Video Disc (DVD) Players Digital Video Disc (DVD) Recorders Docking Stations Fans (metal fans only) Fax Machines Hard Drives Holiday Light Strings Keyboards Laptops Mainframes Mice Microwaves Modems Monitors (COST, see below) PDA Organizers Phones Portable Digital Music Players Power Supplies Printers Projectors Satellite Receivers Scanners Small Scale Servers Speakers (no large wood speakers) Stereos Tablets Toasters TVs/Televisions (COST, see below) Vacuums (no cloth bags) Video Cassette Recorders (VCRs) Video Game Consoles Wires

ITEMS NOT ACCEPTED

DVDs, Video and audio cassettes, large home appliances/white goods, i.e. stoves, washing machines, refrigerators, freezers, air conditioners, dehumidifiers, large stereo speakers (extra-large wooden-box speakers), batteries.

Hazardous waste (Mercury-containing devices, thermostats, thermometers, smoke detectors, liquids and gases, fluorescent tubes and lightbulbs.)

***Hazardous waste facility:**

The Household Hazardous Waste facility in Naperville - 156 Fort Hill Drive, Naperville, IL 60540 (630) 420-6095

All participants must remain in their vehicles and have the material easily accessible for off-loading by staff.

OPEN Saturdays and Sundays, 9 a.m. – 2 p.m.

The Household Hazardous Waste facility in Naperville is open and available to all residents of Illinois. Household hazardous waste items are materials purchased for cleaning or maintaining a home. Business waste is not accepted.

ITEMS ACCEPTED

Aerosol cans; Automotive fluids (including oil, gasoline and anti-freeze); Asbestos materials (in a size that will fit in a 55-gallon drum and not in excess of 50 pounds); Batteries (automotive, marine, sump pump and non- alkaline) Fire extinguishers; Flammables; Fluorescent bulbs, CFLs (sealed, unbroken only); Household cleaners, drain openers and pool chemicals; Mercury; Paints and stains (oil-based only); Peanut oil; Poison, pesticides and fertilizers; Non-controlled prescription and over-the-counter medications; Propane tanks (20 pounds); Solvents and strippers; Thermostats; Unknown hazardous substances

ITEMS NOT ACCEPTED

Ammunition; Compressed gas (other than propane); Empty spray cans and containers; Explosives Helium tanks; Latex Paint (see below); Paper, glass, metal, wood and Styrofoam; Radioactive materials; Sharps (needles or lancets); Smoke detectors; Tires; Trash and non-hazardous materials; Unopened, useable consumer products; Alkaline Batteries;

Latex Paint and Stain Disposal and Recycling

Latex paint is not a hazardous material. To discard leftover latex paint in the trash it must first be hardened. Leave the lid off or, to expedite the process, add an absorbent such as cat litter, oil dry or saw dust. Once the liquid paint is absorbed, place the can in the garbage with the lid off, so the driver can tell the paint is dry.