



THE HOW-TO's of WASTE-NOT

Taking the time to reduce, reuse, recycle and compost is well worth the trouble. And with many states, cities and employers now supporting the cause, it's actually not much trouble at all.

Recycle

Here's a breakdown of what those numbers and recycling symbols on plastic goods mean. Try to limit use of products made of non-recyclable plastic.

1. Clear plastic (water bottles), picked up in most curbside recycling programs.
2. Opaque plastic (milk jugs, detergent bottles), also picked up by most curbside programs.
3. PVC (plastic food wrap), rarely recyclable.
4. Used for grocery bags and bread bags. Not usually accepted by recycling programs.
5. "Cloudy" plastic (yogurt containers, medicine bottles), commonly picked up curbside.
6. Styrofoam. This is very hard to recycle so is not accepted by most programs.
7. This is a broad category with a lot of different kinds of plastic in it (iPods, computer cases, baby bottles). Not easy to recycle and rarely accepted.

Compost

Composting is becoming more common in many areas of the country. Organic matter that is composted is used to enrich soil and grow healthy plants. Here are some of the items you can compost:

- Eggshells
- Coffee grounds and filters
- Grass clippings
- Fruits and vegetables (peels, cores or the whole thing)
- Tea bags