



REDUCE, REUSE, AND RECYCLE WITH NATURE CAT

Tally Ho!

Nature Cat and his pals love their three R's: **Reduce, Reuse, and Recycle!** When we make less trash, we help keep the environment cleaner for all living things. Here are a few tips to help you become an expert on the three R's!



Goal of the Activity:

Think about the amount of trash you make each day: learn about items that can be reused, alternatives to single-use items (such as water bottles), and to recycle properly.

What You'll Need:

- 🍌 Get your recycling, garbage, and compost bins ready!
- 🍌 Ask an adult to help you find out more about your town's recycling guidelines. Learn what you can and can't recycle



Tips: Reduce

- 🍌 **Composting** food waste can reduce the amount of trash you make. You can then use compost as fertilizer for your garden or house plants.
- 🍌 **Refuse single-use items** such as plastic spoons and forks, plastic straws, plastic and paper bags, and styrofoam to-go containers, for example.
- 🍌 **Choose items with less packaging.** The less the better! Look to buy your favorite food items in bulk and bring your own container.

Tips: Reuse

- 🍂 **Choose items you can reuse again and again**, including cloth shopping bags and lunch bags, water bottles, rechargeable batteries and silverware.
- 🍂 **Donate and shop second hand!** Have you outgrown your clothes or a toy? Donate them to a resale shop. Items in good shape will be sold while worn out clothing is often recycled. Check with your local store! While you are there, pick up items you may need.



Tips: Recycle

- 🍂 **Most common recyclables** are: paper, cardboard, cartons, glass bottles and jars, metal cans (including aerosol), foil (including aluminum to-go boxes), and plastic containers (with ♻️ and number).
 1. Caps should be replaced
 2. Items should be emptied and cleaned
 3. Spray bottles and pumps must have nozzles and pumps removed
- 🍂 **Recycling doesn't have to stop there!** Go online to find out what else you can recycle near you, including:
 1. Plastic bags at your local grocery store
 2. Electronics at office supply or electronic stores, including tablets, smart phones, computers, and printers
 3. Old batteries at your local home improvement or hardware store
 4. Some shoe and clothing companies accept their brands back for recycling or repair



Onward and Yonward! Take it Further:

- 🍂 **Take the Reduce, Reuse and Recycle Challenge!** See if you can apply the above information to lessen your trash from one week to the next!
- 🍂 **Want to start Composting?** See the **Build Your Own Composter** activity to get started!



Reduce, Reuse, and Recycle Challenge!



	How many bags of trash were collected? (At home or school. Mark a tally for each)	What items do you notice in the trash that can be composted, reused or recycled? What single-use items do you see in the trash? (draw or write)	How can you help reduce the amount of trash for next week? (draw or write)
WEEK 1			
WEEK 2			

How many bags did you save?

Subtract total week 2 from total week 1: _____ -- _____ = _____