

RRR Concept

How to Recycle at
Home and Tips for
Ten Items You Can
Reuse Over and
Over Again

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The Concept of Reduce Reuse and Recycle

Reduce Reuse Recycle is known to the environmentally conscious consumers by the term of 3Rs. In the 3Rs term the first R stands for Reduce and the idea behind it, is that we should buy goods only when we need them and avoid buying unnecessary ones. The second R stands for Reuse and the idea behind it, is that we should use the products we buy as much we can before throwing them away. The last R stands for Recycle and the idea behind it, is that we should encourage the idea of recycling products by putting what is left in the proper recycling stream bin to be recycled.

BASIC CONCEPTS OF REDUCING AND RECYCLING

The most important way for reducing waste is not creating waste at the first place. In order to manufacture products from raw materials we need ample amount of energy and raw materials which are not infinite. Mostly the raw materials used for manufacturing new products are extracted from the natural resources, then the product undergoes fabrication process and later it is sold in the market. By reducing the usage of unwanted products and reusing the needed products ample time will save our natural resources ,energy ,save production cost and safeguard our environment from pollution.

IMPORTANT TIPS TO REDUCE AND REUSE A PRODUCT

- We can buy a product with less packing material. Some manufacturers will pack their product with less packaging material hence they are decreasing

the raw materials which is used for packing the product and hence the cost of the product and the waste produced by the packing material can be decreased.

- We should prefer buying reusable products than disposable items. For example we can buy silverware cup items than buying disposable ones.
- By maintaining the products in a proper way ensures the products long life. Instead of throwing the products when they are worn out we can repair then and reuse them again if possible .Think twice before replacing any product.
- Share the items which you use rarely with our neighbors and relatives. Items such as tools, party items can be shared with others which in turn save our money.
- Donate the unwanted appliances, books, electronic products to non-profitable organization and charity. Someone's trash can become some other one's treasure.

REDUCING AND REUSING BENEFITS

- Energy used for manufacturing new products is reduced by reducing the usage of unwanted products which in turn saves our natural resources.
- In manufacturing process there will be emission of some greenhouse gases which are reduced by decreasing the product usage.
- By reusing the product several times, the thrash which accumulate on the landfills can be reduced.
- Reducing and reusing the products will encourage the consumers to use the product to full extent.

BASIC CONCEPTS OF RECYCLING

The process of gathering the trash products, processing them and making them back into new products is called recycling. The process of recycling will benefit our environment a lot.

PROCESS INVOLVED IN RECYCLING A PRODUCT

Recycling process is a closed loop process. Some important steps involved in the recycling process are:

- Collecting the waste material from the bin
- Manufacturing recycled material

COLLECTING THE WASTE MATERIAL

Products which can be recycled are glass bottles, aluminum cans, paper etc. These materials can be collected by several methods such as conducting refund programs by using volunteers who would be involved in collecting the waste materials and sending them to factory where recycle products are manufactured. Collected materials are cleaned, separated and processed in specific manner before they are sent to the recycling factory.

MANUFACTURING RECYCLED PRODUCTS

Products which are recycled will become new products, possibly as those of the waste materials which are recycled. For example the new product which is obtained after recycling waste glass bottle is another glass bottle. Sometimes new products obtained after recycling will be differ from product involved in recycling process. For example in recycling tires we get raw materials which are used to lay roads.

RECYCLING BENEFITS

- Recycling process consumes less energy compared to the production of new products. For example amount of energy saved by recycling single glass bottle is the energy required to light the bulb for about six hours.
- Raw materials used in the original manufacturing process can be reduced to about 50 % by using cullet. Cullet is the crush material obtained from the waste products.
- Amount of greenhouse gas released during recycling process is less compared to the new product manufacturing process.
- Waste settle down on the landfills will be much less.
- Manufacturing cost of recycled product is less compared to new products and recycled product quality and purity is equal to the new product.

The 3Rs concept is a concept which should become a way of living for all us. We should promote the **3Rs, Reduce Reuse Recycle**, in every aspect of our social and community life. 3Rs should be introduced in education, community and government programs.

How to Recycle at Home

Recycling Basics

Know what can and cannot be recycled. In general, you can recycle paper, plastic, metal, and glass. Do not assume, however. There are exceptions and particular rules that apply to each material category. Read the recycling policies for your local recycling center to learn which items they'll take.

Recycle paper. Assume that all paper products are recyclable unless they contain some attached metal or plastic component. Fill your paper bin with newspaper, magazines, cardboard, envelopes, egg cartons – anything made completely from paper. Paper products are shredded, mulched, and reformed into recycled paper. Create separate bins for your newspapers; your magazines, envelopes, printer paper, and glossy paper; and your cardboard.

- Look out for hidden plastic and metal components. A paper milk or broth carton, for instance, might be sealed with an interior metal (non-recyclable) lining to preserve the contents. You'll need to remove any non-paper components before giving paper products to a recycling program.
- Consider making recycled paper at home. The process is relatively simple, and you can use it to dramatically reduce the amount of paper waste that flows out of your home!

Know what types of plastic are recyclable. As a general rule of thumb: if it holds its shape, it can be recycled; if it doesn't hold its shape, it goes to the landfill. Thus, a plastic peanut butter tub or a plastic restaurant takeout box would be recyclable. You would not, however, be able to recycle an amorphous plastic bag or a six-pack soda can connector. Learn about the seven categories of plastic waste![3]

- 1: PET (Polystyrene Terephthalate): This is one of the most common plastics used in consumer products. You can find it in most water bottles and soda bottles, as well as some packaging. PET is almost always recyclable.

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- 2: HDPE (High-Density Polyethylene): This is the stiff plastic found in milk jugs, toys, soap bottles, and some plastic bags – even park benches and waste bins. It is the most commonly recycled plastic because the process is comparatively easy and safe.
 - 3: PVC (Polyvinyl Chloride): PVC is not recyclable. This category of plastic is soft and flexible: it is used to make everything from clear plastic food wrapping to garden hoses to plastic pipes to children's toys. PVC contains a number of toxins that can leach out throughout its life cycle.
 - 4: LDPE (Low-Density Polyethylene): This category is commonly used to make shrink-wrap, squeezable bottles, grocery bags, and garment bags. It is safer and less toxic than many other plastics. LDPE is not often recycled, but more and more communities are taking steps to handle this material.
 - 5: PP (Polypropylene): This is recyclable through some curbside programs, but it is rarely recycled in the U.S. PP is often used as a barrier against moisture in chemicals: in products like plastic liners, disposable diapers, yogurt containers, straws, and packing tape. Ask your recycling program if they recycle PP!
 - 6: PS (Polystyrene): This cheap, lightweight plastic goes into egg cartons, styrofoam cups, plastic cutlery, "packing peanuts," and laminate flooring. Polystyrene is carcinogenic, and it is one of the plastic types that most permeates the world's oceans and landfills. PS can be safely recycled, but most programs are not equipped to do so.
 - 7: Other (BPA, Polycarbonate, and LEXAN): Category #7 is a catch-all for various polycarbonate and "other" plastics, which are usually not recyclable. Products containing #7 plastic include disposable coffee pods, baby bottles, and car parts. One notable exception is PLA plastic, made from bio-based polymers, which is compostable but still falls into this category.

Learn how to recycle metal. The average recycling center is only equipped to recycle steel and aluminum. Thus, recycle your steel and aluminum cans: beverage containers, food storage, and aerosols. Be sure to wash and sort your aluminum food packaging, as well – pie plates, dinner trays, and foil.

Recycle glass. Be sure to recycle your used glass jars and bottles! Glass is recycled by color: brown, green, and clear. Sort your glass before you bring it to a recycling program. It doesn't matter if the glass breaks into shards – it is usually melted down and reshaped into new bottles. If you are able to keep the bottles whole, however, many U.S. states offer a small refund for each whole, empty bottle that you return to a local grocery store.[4]

- Do not store your bottles in the same bin as used lightbulbs, mirrors, sheet glass, and pyrex. These products are made from a different type of glass than bottles, and they are usually not recyclable.

Clean recyclables before sorting. Many recycling centers will not accept items that constitute more than 10% food waste. Rinse out your plastic containers, your glass bottles, and your aluminum food packaging before you try to recycle them. It won't take long, and you will make the job much easier for everyone else involved.

10 Home Items You Can Reuse Over and Over Again

Since the introduction of the EPA's Reduce, Reuse, Recycle campaign, many have adopted recyclable waste management systems, are remembering to bring reusable bags on their grocery trips as more cities adopt plastic bag bans, and are becoming aware of their own ecological footprint. But as this great Footprint Calculator (you can calculate your foot print visiting this website: <https://www.footprintcalculator.org/>) released by the Earth Day Network shows, we can always do more to consume less. Plus, by re-using items in your home, you'll save money. Here are 10 home items you can save from the trash and instill with new life and purpose many times over:

1. Glass Jars, Containers or Cans

Glass and metal are easily recycled, but why not cut down on excess packaging and waste by reusing them? Glass jars and old coffee canisters make great containers for bulk pantry items, desk organizers or bathroom containers. And there are a million ways to reuse mason jars beyond food canning — even many pasta sauce brands use jars that are ideal for food preservation. Got a lot of leftover narrow necked beer bottles? Make them into a set of drinking glasses! Or how about a wine rack, or display shelves out of coffee cans?

Some helpful links:

<https://www.youtube.com/watch?v=s7p0GGSj6t4>

<https://www.youtube.com/watch?v=-Vbv43cnS3o>

https://www.youtube.com/watch?v=iy7rPi69V_E

<https://www.youtube.com/watch?v=IQhPcnQ2SVE>

<https://www.youtube.com/watch?v=v8Pvzm4xLiU>

2. Gallon Jugs, Plastic Soda Bottles, Takeout and Other Plastic Containers

Beyond using jugs and bottles to store homemade natural cleaners, with a little modification, you can turn those plastic containers into useful household items like this plastic bottle broom! Make bird feeders out of old soda bottles, or food bins, shoe cubbies and dustpans/scoops out of plastic jugs. How about making reusable self-watering seed pots or a cell charging station out of a shampoo bottle? And don't throw out the takeout containers! Many are sturdy, dishwasher safe and excellent for reuse in the kitchen.

Some helpful links:

<https://www.pinterest.com/pin/205406432978993289/>

<https://www.onegoodthingbyjillee.com/simple-diy-backyard-bird-feeder/>

<https://www.youtube.com/watch?v=j-6GLn4RaFQ>

<https://www.youtube.com/watch?v=a5fCmouV8WE>

<https://www.seattlesundries.com/blogs/news/11749733-how-to-self-watering-seed-starter-pots>

3. Newspapers, Magazines, and Paper Bags

Over run by paper? There are lots of great ways to re-purpose all the paper in your life. Get creative and create amazing and useful woven baskets and trays out of magazines and newspapers. Recycle newspapers, grocery bags and magazines as wrapping paper. How about some compostable seed pots? Or DIY envelopes out of outdated calendar pages? And if you're really ambitious, make a gorgeous wood-like flooring with paper bags.

Some helpful links:

<http://howaboutorange.blogspot.com/2009/06/newspaper-basket.html>

<https://savedbylovecreations.com/2011/12/heart-dish-from-magazine-pages.html>

<https://theoriginalthread.wordpress.com/2013/06/30/diy-recycled-newspaper-mini-basket/>

<https://www.onegreenplanet.org/lifestyle/diy-newspaper-seed-starter/>

<https://simplyrebekah.com/2010/12/12/how-to-make-envelopes-out-of-wall-calendars/>

<https://www.youtube.com/watch?v=ZQxJ1yyTl5Q>

4. Clothes, Towels, and Bedding

Don't toss out old towels, clothes and bedding! Cut them up into washable cleaning rags! Or check out these excellent Pinterest ideas for ways to upcycle old clothes into new! Why not turn those torn t-shirts into beautiful braided rugs? If you've got sewing skills, turn old flannels into reusable dusters.

Some helpful links:

<https://www.pinterest.com/jollieloves/upcycle-old-clothes/>

<https://catholicsprouts.com/friday-project-braided-t-shirt-rag-rug/>

<http://hickeryhollerfarm.blogspot.com/2011/11/homemade-swiffer-duster-pads.html>

<https://www.youtube.com/watch?v=vB8jxUrYbNU>

<https://www.youtube.com/watch?v=LAneCM0rcLk>

5. Seeds

At the end of the growing season, let a couple of your veggies and flowers go to seed, collect the seeds and save them for next season for free! Below in the link you will find everything you need to know about harvesting and saving seeds to reuse again and again!

<http://howtosaveseeds.com/seedsavingdetails.php>

6. Laundry Waste

If you use them, don't toss out those old dryer sheets! They make excellent dusting rags, especially for sucking up pet hair. They work great for scrubbing off soap scum and polishing chrome too! You can even make them into a dress if you're really determined. Collect the lint from the dryer to make recycled paper or paper mache', or even compostable seed pots.

Some helpful links:

<http://www.twistedtextiles.com/2007/10/17/diaphanous-dryer-sheets/>

<https://www.thespruce.com/creative-ways-to-reuse-dryer-lint-2146010>

<https://www.thesprucecrafts.com/paper-mache-paste-recipes-1245287>

7. Plastic Bags

When the box of cereal is empty, save the inner bag, wash, dry and cut to wrap sandwiches. Plastic bags can be used as pet waste bags, or trash bins, or you can reuse them at the grocery store. Better yet, upcycle those plastic bags into nice-looking, sturdy reusable grocery totes!

Some helpful links:

<https://www.youtube.com/watch?v=AgT8QJ9Of3o>

<https://www.youtube.com/watch?v=BPSPoAzVv78>

<https://www.youtube.com/watch?v=w-Ud0SzgFHc>

<https://www.pinterest.com/artandmarketing/reusable-bag-ideas/>

8. Bathroom Items

Save old toothbrushes to scrub hard to reach places, like grout and underneath the fixtures on faucets. Or clean old toothbrushes and reuse as eyebrow brushes, hair color applicators or for cleaning tools, electronics or other delicate or hard to clean items. Empty toothpaste tubes can be re-purposed as a funnel by cutting off the bottom, or as a frosting tube for icing cakes. Empty deodorant bottles are perfect for refilling with this DIY Deodorant Recipe, check the below link:

<https://www.onegreenplanet.org/lifestyle/guide-how-to-make-your-own-deodorant/>

9. Broken Dishes

Collect broken china to re-tile outdoor tables, flower pots, paths, or as a unique border for your garden. Use broken china to make a key fob or jewelry. Plant small plants in old stained coffee mugs.

Some helpful links:

<https://savedbylovecreations.com/2012/10/make-a-mosaic-flower-pot.html>

<https://www.lilblueboo.com/2011/07/upcycling-broken-china.html>

<https://www.youtube.com/watch?v=DSI0BD2E6Hs>

<https://www.youtube.com/watch?v=-WYxVHMSNHQ>

10. Old Furniture

Refinish or repair rather than tossing old furniture. Re-purpose broken furniture or disassemble and reuse the wood. Hang drawers on the wall to create shelves, shadowboxes or bulletin boards.

With just a little ingenuity, you can cut down on your ecological footprint, save your pennies and re-purpose your trash! What clever home items can you think of to recycle and reuse?

Some helpful links:

<https://www.funkyjunkinteriors.net/2011/03/pallet-farm-table-desk-part-3-reveal.html>

<https://www.youtube.com/watch?v=lbJVFVxRsRw>

<https://www.ofdesign.net/interior-design/25-cool-recycling-making-ideas-from-old-furniture-and-decoration-stuff-myself-1799>

<https://www.pinterest.com/n2ition725/recycled-furniture/>