

the dialogue church

GREEN  
to GUIDE  
RECYCLING

the dialogue church

# Green Guide to Recycling

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# Defining Green

What does it mean to be “green?” It’s a term that has become a facet in our culture, referring to everything from cars to food to TV networks to clothes. But, how do we become Green?

It doesn’t have to involve selling your house and living in a commune or giving up Starbucks. Here are four simple and interconnected steps to not only benefit the planet, but also save you money and become a little cooler.

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## RECYCLE

The first step to recycling is, well, recycling. Though the concept of recycling encompasses the following steps, it is essentially the foundation of “going green.” Almost everything we use, purchase, and own can be recycled in one way or another. Whether this means it’s taken to a recycling center and then refined and reused, or reconstructed in a new way, recycling materials is a great way to conserve.

The section following details what materials can commonly be recycled by redistribution. The list includes everything from paper to automobiles to water bottles to eye glasses. Though it is not a complete list of absolutely everything that can be recycled, it will give you a good start.

The thing to remember about recycling is to not get over your head or discouraged. Starting small is a great place to begin. Every action and contribution makes a difference!

We are a culture of consumers and we are always on-the-go. This lifestyle produces a lot of trash. Though we recycle 35% of our garbage in the US, we still generate 220 million tons of it a year. That’s almost 5 pounds per person each day!

An easy way to combat these outrageous numbers is to simply reduce. This can mean using reusable grocery

bags, using a reusable water bottle instead of buying the 24 pack, carpooling, turning out the light, or turning off the sink. To reduce means being conscience about the amount of waste we generate, whether it be trash, water, or energy, and working to change it. Not only will conservative buying and consuming benefit the planet, but also makes for lower electric and water bills.

## REDUCE

In addition to recycling products and reducing the amount we consume, reusing materials goes and in hand. Reusing plays a very important role in this green lifestyle. By reusing, you are not only recycling what you have already purchased (or some else had), but you are reducing the amount of materials being consumed and the waste produced.

To reuse can mean many things, from making choices to reuse grocery bags

or buying recycled paper, but it can also mean buying used materials. At first, shopping at thrift stores, garage sales, and Goodwill may seem a bit daunting. But by purchasing an item already cared for by someone else, you are adding value to the material, contributing to its history. And who ever said heirlooms couldn't come from someone else's family?

Again, not only can these practices benefit the planet, but are great ways to save money and teach lessons on the value of possession in our culture of excess.

## REUSE

Not only does this lifestyle of recycling call for reduction and reuse but also to respond to our culture and our world. Recycled materials are more readily available to consumers than ever before, and the more demand for these standards in products and business, the more supply will be generated. Buying recycled products not only benefits you, but also sends a message to businesses.

## RESPOND

What good is a beneficial message if it isn't shared? One of the most important things you can do is to tell someone about conservation and to spread the knowledge. Get involved in organizations that value conservation. It takes the effort and contribution of all of us to make a big impact on the health of our planet. Don't keep it a secret!

# 5 What Can I Recycle?

In the most literal sense, almost EVERYTHING is recyclable.

And even more, most everything we use on a daily basis can be reused and recycled.

This section details the most common recyclable materials, how to identify products you may already have, and information you need to know about disposal.

all of these

PAPER  
CARDBOARD  
GLASS  
PLASTICS  
ALUMINIUM  
BATTERIES  
TIN CANS  
SCRAP METAL  
RUBBER TIRES  
POP CANS  
COMPUTERS  
EYE GLASSES  
FABRIC  
MAGAZINES  
NEWSPAPER  
WATER BOTTLES  
BOOKS  
STEEL CANS  
CELL PHONES  
CLOTHING  
WOOD  
PASTEBOARD  
ELECTRONICS  
APPLIANCES

## Paper, Cardboard, & Pasteboard

Generally, all paper, cardboard and pasteboard can be recycled, often in the same facility. It can also be one of the easier and cleanest things to recycle.

All kinds of paper can be recycled as well, including: computer and colored paper, magazines, newspaper and phone books. Paper usually does not require separating before disposal. Many companies and schools already recycle paper, and many grocery stores with drop-off containers have a paper bin for disposal.

Pasteboard is also recyclable and is often disposed of in the same container as paper. Pasteboard is sort of a paper-cardboard hybrid—cereal boxes, light-weight containers, boxed packs of soda, and most paper food containers are all made of this material.

Lastly, cardboard is very recyclable and most cardboard used today is already somewhat recycled. However, it is generally separated from paper and pasteboard recycling. Boxes should be broken down and folded. All varieties of corrugation are generally accepted.

As with any materials, check with your recycling center concerning specific materials and what they accept.

Glass typically comes in several shades—clear, green, blue, and brown. The most common, and generally required no sorting, is brown, green and clear. Glass of this shade can be recycled together. Some facilities do not accept blue glass or may require some sorting. Also, some centers may require that all labels and caps be removed and that the container has been rinsed. Check with your center for specific policies.

## Glass

Although most all plastics are recyclable, there are a few things that are essential to remember when sorting, buying and recycling. Plastics come in several types, depending on the ingredients and color.

The type of plastic is typically labeled on the bottom of the product with a number 1 through 7. This number indicates the type of plastic used in the container. Though all of these plastics are recyclable, some may not be accepted at specific facilities.

Plastics 1&2 are the most common, widely accepted, and are the easiest to recycle. Soda bottles for example are made of a #1 Plastic. Remember to check with your recycling center to find out what plastics are accepted.

## Plastics



*"Are you listening to me, Ben? One word. Just one word: Plastics."  
-The Graduate*

Aluminum cans, such as pop cans, are easily recycled. In fact, most soda cans in stores today are already made of recycled materials. Crushing the cans is often a great way of conserving space in your recyclables containers, though not typically required at drop off centers.

## Metal Cans

Other metal cans, such as tin and steel use for food, can also be recycled. A good way to determine if the material is aluminum or steel/tin is to use a magnet—aluminum is not magnetic. Cans typically need to be clean and free of labels. Check with your center for specifics.

Other metal products are also accepted to be recycled, however, not all facilities accept these kinds of products. Check with your facility for specific details.

What are you to do with all of those old cell phones and computer parts? Recently, many recycling centers are developed programs to not only recycle these materials, but to reuse them in some cases.

There are organizations that refurbish computers, cell phones, and other electronics and resell them for a charitable cause or share them with people in need in the community.

## Electronics

A list of resources for these special recyclables can be found in the following sections of this guide.

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## MUNCIE

East Central Recycling  
811 East Centennial, Muncie  
(765) 282-1900 - [www.eciswd.org](http://www.eciswd.org)  
M-F 8a-5p, S 8a-Noon  
Plastic 1&2 only, cans, all paper, cardboard, all glass. Can be picked up with trash removal.  
See website for paint, tires, batteries, etc.

## ANDERSON

Madison Cty. Recycling Center  
2031 Mounds Road, Anderson  
(765) 641-7978 - [www.eciswd.org](http://www.eciswd.org)  
T&TH 8a-4p, 1st&3rd W 10a-6p,  
2nd&4th S 8a-Noon  
Plastic #1-7, all paper, cell phones, all glass.

## GREENFIELD

Indy Recycles Drop-off Site  
10450 E. Washington St, Indy  
(317) 264-7555 - [www.kibi.org](http://www.kibi.org)  
24 hr drop-off site  
Plastic 1&2 only, all cans, newspaper, magazines, all glass, aerosol cans.

Many drop-off facilities can be found online, through your city or county website. Many of these sites include schools, grocery stores, or even curb side service.

<http://www.earth911.org>  
is a great website for finding a center in your area and tips for recycling and conservation.

No site in your area?  
Some trash services pick up recycling curbside for free or a small fee. Contact your company to see if available.

Becoming environmentally friendly can end with recycling. But there are so many more things that are possible and more accessible than ever. There are few other simple things that you can do to benefit the planet and yourself.

This next section BRIEFLY covers some other alternative practices. There are many, many more where these come from, but don't feel that you have to run out and erase your carbon footprint all at once. Moderation and determination are the keys!

# How to Be a Hipster Without Really Trying

or more practical ways to save the earth

# Where Can I Recycle?

## Alternative Chemicals

Many green cleaning and household products are emerged that not only benefit the earth, but also are as safe and as hard working as harsher chemicals. Some all natural cleaners can be made at home with ingredients such as water, vinegar, baking soda, and lemon juice.

Check out [www.greenlivingideas.com](http://www.greenlivingideas.com) for more.

## Organic & Natural Foods

Organic and all natural foods are available now in most grocery stores and include everything from bread to milk and candy. Though similar, there is a difference in the production and manufacturing concerning organic and all natural. The USDA website is the best site for details about products and standards.

Check out [www.usda.gov](http://www.usda.gov) for more.

## Alternative Lifestyle

The a similar thread in all of these steps and recycling in general is to become more conscience of what we use, where it comes from, and how it is consumed. This can mean composting, using more efficient types of fuel or buying organic foods.

This doesn't mean a complete overhaul of your life; all it takes is a commitment to become a better steward of the earth and be mindful of our consumption.

## Recycling Resources

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A good thing about environmental issues and recycling is that there is an abundance of information, resources, and how-to's about everything from growing your own food to buying the best fuel-efficient car to how to eliminate your carbon footprint.

This list is just a starting point for your own investigation. It contains a very small sampling of the online resources available, some good environmental movies, and a brief print list of resources. Investigate online, and you will pleasantly surprised by all the resources out there.

# Online

## RECYCLING

- [recycleworks.org](http://recycleworks.org) - Recycle Works
- [epa.gov](http://epa.gov) - EPA Online
- [lime.com](http://lime.com) - Lime Online
- [earth911.org](http://earth911.org) - Earth 911 Resources
- [nrc-recycle.org](http://nrc-recycle.org) - National Recycl. Coalition

## REUSING

- [freecycle.org](http://freecycle.org) - FreeCycle Trading
- [craigslist.com](http://craigslist.com) - Craig's List
- [etsy.com](http://etsy.com) - Etsy: All Things Handmade

## ORGANICS

- [usda.gov](http://usda.gov) - US Dept of Ag
- [greenlivingideas.com](http://greenlivingideas.com) - GreenLiving Ideas

## ENVIRONMENTAL FACTS

- [kab.org](http://kab.org) - Keep America Beautiful
- [epa.gov](http://epa.gov) - EPA Online
- [slate.com](http://slate.com); search "The Green Lantern"

## LIVING GREEN

- [lowimpactliving.com](http://lowimpactliving.com) - LowImpact Living
- [lime.com](http://lime.com) - Lime Online
- [treehugger.com](http://treehugger.com) - TreeHugger Blog
- [greenlivingideas.com](http://greenlivingideas.com) - GreenLiving Ideas

# Print

It's Easy Being Green by Crissy Trask

Recycled Crafts Box by Laura C. Martin

Backyard Composting by Harmonious Tech

Cradle to Cradle: Remaking the Way We Make Things by William McDonough and Michael Braungart

The Green Book: The Everyday Guide to Saving the Planet One Simple Step at a Time by Elizabeth Rogers

The Lazy Environmentalist by Josh Dorfman

# Film

The Lorax (1972)

Fergully: The Last Rainforest (1992)

An Inconvenient Truth (2006)

Trashed (2007)

Fast Food Nation (2006)

# References

Environmental Protection Agency  
<http://www.epa.gov>

US Department of Agriculture  
<http://www.usda.gov>

Low Impact Living Online  
<http://www.lowimpactliving.org>

Keep America Beautiful  
<http://www.kab.org>

Green Living Idea Online  
<http://www.greenlivingidea.com>

Earth 911 Online  
<http://www.earth911.org>

Fast Food Nation: The Dark Side of the All-American Meal; Schlosser, Eric; Houghton Mifflin Books, 2001.

"Being Environmentally Relevant;" Kent, Robert; RELEVANT Magazine, [relevantmag.com](http://relevantmag.com), 2008.

"I Missed Earth Day;" Kenney, David; RELEVANT Magazine, [relevantmag.com](http://relevantmag.com), 2008.

"How to Reycle Everything;" Lime.com Interactive Guide. [lime.com/features/limes\\_guide\\_to\\_reycling](http://lime.com/features/limes_guide_to_reycling), 2008.

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