

## REDUCE, REUSE & RECYCLE WITH THE GREEN TEAM THIS FALL

We can build for a sustainable future by working now to lessen our impact on the world's shrinking resources. Actions we take can have multiple benefits including less energy use and less waste going into landfills.

This fall you'll have opportunities to learn about reducing use of disposable products, reusing items multiple times, and how to effectively recycle once an item can no longer be used. Families can put the three Rs into action at home as well as when you are at Sinai Temple! Oct. 25-27, 2019 is our 3R weekend.

Here are ways to put your good intentions into actions:

● **Participate in our 3R Contest** -- submit your Reduce, Reuse or Recycle idea. Look for our table every Sunday morning that Religious School is in session -- you can get up to date reduce/reuse/recycling information, and submit your ideas in each category.

Vote for the best ideas this fall. On Oct. 27, you may win a fabulous basket of reduce and recycle items!! The gift basket prizes include a climate change mug, reusable produce bags, 100% recycled napkins, ream of 100% recycled paper, and other great swag!

● **Bring selected oral/personal care waste and clean polystyrene** (styrofoam) to be recycled. **Accepted items include:** Clean polystyrene AND any brand of mouthwash bottles and caps, toothbrushes, deodorant containers and caps, soap packaging, floss containers, and toothpaste tubes and caps. Please make sure excess product has been removed and that items are dry.

● **Bring broken/unusable office supplies:** pens, markers, tape dispensers, desk organizers, card/document filers, binders, calendars, labels/label sheet backing, paper cutters, correction supplies, paper clips, staples, and binder clips. We will accept these to fill a carton for the TerraCycle Zero Waste program.

Collection cartons will be placed near the main Sinai Temple entrance the weekend of **Oct 25-27, 2019**. Look for more information on Sunday mornings when Religious School is in session.

We welcome your participation -- get in touch with Alice Berkson at [berksonalice@gmail.com](mailto:berksonalice@gmail.com). Together we can make an impact on conserving the earth's resources!



**SEE THE FOLLOWING PAGE FOR 3R CONTEST IDEAS!**

**SINAI TEMPLE REDUCE, REUSE, RECYCLE CONTEST OCTOBER 2019**  
**VOTE FOR YOUR FAVORITE IDEA ON SUNDAY MORNINGS AT SINAI TEMPLE!**

**REDUCE IDEAS**

- 1) Use a vented microwave cover instead of wax paper, plastic wrap, or paper towels
- 2) Bring an empty reusable water bottle to the airport and fill it up once you've cleared security -- there are collapsible bottles that take up very little space.
- 3) Take the bus or ride a bike instead of a car trip.
- 4) Eat less meat by selecting plant based foods.
- 5) Increase consumption of sustainably sourced fish by checking the Seafood Watch list or other certification.
- 6) Unplug your cell phone and computer once they are fully charged.
- 7) Remember to turn out lights and use LED bulbs!
- 8) Don't use single use straws, obtain small foldable washable straws to carry with you.
- 7) Instead of plastic wrap or foil, use silicone bowl covers such as Charles Viancin covers, available online or at stores
- 8) Instead of idling your car at a long drive-thru line, park and save gas usage!
- 9) Take a reusable lunch box and inside containers.

**REUSE IDEAS**

- 1) Take extra cardboard cartons, packing peanuts, and other packaging to the Pack N Ship Store in Champaign, then purchase used cartons there.
- 2) Purchase mulch and other salvaged products from the Landscape Recycling Center in Urbana.
- 3) Purchase fabrics, sewing notions, craft supplies, and school supplies at the Idea Store in Urbana.
- 4) Reuse old clothes and towels as rags, then use the rags instead of paper towels.
- 5) Wash out and reuse zip-close bags; if you purchase disposable plastic cups, wash them and reuse.
- 6) After shopping, put clean plastic bags from fruit and vegetables back into your reusable grocery bag, you'll be ready for the next trip.
- 7) Use old toothbrushes to clean sink drains.

**RECYCLE IDEAS**

- 1) Take broken metal items to a scrap metal facility like Mack's Twin City Recycling or Mervis Recycling.
- 2) Call your waste disposal company to see what options they have for recycling.
- 3) Purchase copy paper with recycled content.
- 4) Collect used electronics for the city recycling at Parkland College -- check with neighbors or elderly relatives for items.
- 5) Recycle textiles -- take fabrics to the Idea Store and clothing to a consignment store or nonprofit resale shop.
- 6) Take plastic bags, plastic overwrap from paper towels, etc., zip-close bags, and dry cleaner bags to grocery and retail stores that accept plastic bags.
- 7) Compost your old produce and egg shells in your back yard!