

Teen

FALL 2008

 you should know

the 3Rs

Try these easy ways to Reduce, Reuse and Recycle.

- > Turn off your computer's screen saver—the monitor must be dark or in standby mode to save energy.
- > Use both sides of paper when printing from your computer.
- > Look for all kinds of products made from recycled or sustainable materials. (BeGreen pens, Pilot, pilotpen.us)
- > Refill your water bottles and keep using them (just make sure to clean 'em out after every other use). There's some controversy surrounding which plastic bottles are OK to drink from, but it's all a number's game (found on the bottom of the bottle): #1 means single use only; #3 and #7 should be completely avoided; all others are fine to reuse.
- > Buy stuff with little or no packaging to limit the amount of garbage created.
- > Don't throw old things away! Sell them for quick cash or donate 'em to charity!

