



GO GREEN WITH NADIA!

Name: _____ Date: _____

The pages of children's book, *Nadia's Jewelry Box*, were made with post consumer waste, which save a lot of natural resources. We believe that [Earth Day is Every Day!](#) We know that it is very important for us to recycle whenever possible and we know that it's our responsibility to work on reducing our carbon footprint on our planet Earth.

What is Recycling?

Recycling involves processing used materials (waste) into new products to prevent waste of potentially useful materials, reduce the consumption of fresh raw materials, reduce energy usage, reduce air pollution (from incineration) and water pollution (from land filling) by reducing the need for "conventional" waste disposal, and lower greenhouse gas emissions as compared to virgin production.

Recycling is a key component of modern waste reduction and is the third component of the "Reduce, Reuse, Recycle" waste hierarchy. Recyclable materials include many kinds of glass, paper, metal, plastic, textiles, and electronics. Although similar in effect, the composting or other reuse of biodegradable waste – such as food or garden waste – is not typically considered recycling. Materials to be recycled are either brought to a collection center or picked up from the curbside, then sorted, cleaned, and reprocessed into new materials bound for manufacturing.

Why is Recycling Important?

- ♥ Recycling Saves Energy
- ♥ Recycling Saves Environmental Conditions and Reduces Pollution
- ♥ Recycling Saves Natural Resources
- ♥ Recycling Saves Money
- ♥ Recycling Saves Space for Waste Disposal



Why is recycling important to me?

Ways We Can Live Greener:

- If your children have drawn pictures and drawings, which are very old and you want to get rid of them, you can use them as wrapping papers for gifts.
- Limit wasting paper from notebooks and make sure you use both sides on the paper to save wastage. Try to finish one entire notebook before you start using another one.
- Teach your kids to switch off electrical appliances like lights, television, DVD player, gaming stations, phone chargers, computer, whenever not needed, to save electricity as well as power.
- We can all save water from wasting, by turning off the tap when not required, drink all the water taken in the glass, and water the plants in required amounts.
- Show your kids new creative ways of art like origami, using unused newspaper and also teach them to make articles from milk cartons and other used objects.
- Try using phosphate-free detergents and never use chemical pesticides. While disposing hazardous waste, don't ever pour chemicals down the drain!
- While buying groceries and other home requirements, do your weekly shopping in a single trip so you can save on gas, and turn off your engines whenever you are not using them.
- Service your vehicles in advised durations to keep it away from polluting the atmosphere.
- Don't use plastic bags while picking up groceries, instead use cloth bags or paper bags. Also reuse them till they get completely worn out, and then dispose them adequately.
- Purchase recycled home objects if you see them on sale and help save the environment from damage.
- Plastic recycling is also a very important act, if you have unused plastic which is dumped or to be disposed so please recycle plastic.
- Make use of rechargeable batteries and not the regular ones, to save power.
- Older homes should be updated with insulation to make them more energy efficient.
- Don't buy or use Styrofoam peanut packaging as it doesn't degrade. And if you have to use it for some purpose, reuse it for other purposes.

One thing I can do to live greener is....

For more green tips, please visit www.nadiaeverheart.com
and click the **Nadia's E-News** link.

