



# Eco-Healthy Child Care®

Eco-Healthy Child Care® helps early childhood learning environments to be as healthy, safe and green as possible by reducing children's exposure to toxic chemicals.



## Recycling & Garbage Storage

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Americans generate trash at an astonishing rate of four pounds per day per person, which translates to 600,000 tons per day or 210 million tons per year! While the most important way to save valuable resources is to use as few as possible in the first place, recycling and using recycled products is the next best step.

### Benefits of Recycling

- Conserves natural resources like trees, metal, oil, and minerals for future generations.
- Lessens habitat destruction as a result of deforestation. Recycling reduces need for raw materials and helps preserve our forests.
- Saves energy. A lot of energy is needed to make products from raw materials; recycling requires much less energy.
- Prevents emissions of greenhouse gases and other pollutants, leading to cleaner air, cleaner water and a more stable climate.
- Reduces the need for landfills and incinerators.

### 18 Ways to Reduce, Reuse & Recycle

1. Recycle glass, paper, cardboard, aluminum and plastic.
2. Buy/sell used items.
3. Substitute rechargeable batteries for throw-away batteries.
4. Use reusable bags for shopping.
5. Reduce junk mail by canceling duplicates and asking to be removed from unwanted mailing lists.
6. Donate used books and magazines to your local library, school, hospital or nursing home.
7. Donate unwanted toys and clothing to your local charity.
8. Donate extra hangers to your local dry cleaner or thrift shop.
9. Reuse gift wrap and boxes.
10. Replace paper napkins and paper towels with cloth napkins and towels.
11. Purchase toilet paper made from recycled content.
12. Choose recycled office paper for printing.
13. Buy in bulk; use your own reusable containers.
14. Reuse food jars for storage.
15. Donate old computers to schools or non-profits.

16. Donate newspaper to animal shelters or pet stores.
17. Pick up books, CDs, and videos from your local library or used bookstore.
18. Recycle mercury containing items: batteries, thermometers, thermostats and fluorescent light bulbs by taking them to a hazardous waste facility.

#### FOR MORE INFORMATION

**Call: 202-543-4033, ext. 13**  
**Email: [info@ecohealthychildcare.org](mailto:info@ecohealthychildcare.org)**  
**Visit: [www.cehn.org/ehcc](http://www.cehn.org/ehcc)**

Find out what household hazardous waste collection and recycling programs are available in your area by visiting [www.earth911.com](http://www.earth911.com).

### Garbage Storage

Keep garbage area clean and covered to avoid pests and minimize odors.

#### Recycling Resources

- Eco Tips  
[www.globalstewards.org/ecotips.htm](http://www.globalstewards.org/ecotips.htm)
- EPA: Reduce, Reuse, and Recycle  
[www.epa.gov/epawaste/nonhaz/municipal/index.htm](http://www.epa.gov/epawaste/nonhaz/municipal/index.htm)
- Californians Against Waste  
[www.cawrecycles.org/living\\_green/benefits\\_of\\_recycling](http://www.cawrecycles.org/living_green/benefits_of_recycling)
- Freecycle  
[www.freecycle.org](http://www.freecycle.org)
- Recycler's World  
[www.recycle.net/recycle](http://www.recycle.net/recycle)
- Opt-out (reduce junk mail)  
<http://opt-out.cdt.org/>
- The Story of Stuff  
[www.storyofstuff.com](http://www.storyofstuff.com)

*A recipient of EPA's Children's Environmental Health Excellence Award in 2006, Eco-Healthy Child Care® (EHCC) is a national program that seeks to improve the environmental health of children by partnering with child care professionals to eliminate or reduce environmental health hazards found in child care facilities. Originally created by the Oregon Environmental Council in 2005, EHCC is now managed by Children's Environmental Health Network.*

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