



Reduce, Repurpose, Recycle

Now, I'm not trying to put any pressure on you, but even if you're not the adult in the house, there is a lot that you can do to help your family **reduce your waste**, **repurpose** things rather than throwing them away, and **recycle** as much as you can! But why should we care about reducing, or making, less trash? The planet is overwhelmed with our garbage, and landfills are filling up fast! Some of this trash doesn't make it into the landfill and ends up in our watershed, flowing into our rivers and oceans where it is mistaken for food, and can kill aquatic wildlife. We can do our part to make a difference and help keep things out of the trash! Here are a few ways to repurpose single-use plastic items (plastic bags that are normally filled once and then thrown away) and keep them out of our landfill or our watershed!



ACTIVITY 1: Not a milk jug anymore!

You will need:

- 1 gallon milk jug
- scissors
- sharpie
- rubber band



Instructions:

1. Use the sharpie to outline the cap and the handle which we want to remove. There are seams on the bottle that you can trace!



2. Cut out the plastic along the sharpie line and remove the cap and handle. Be careful, and ask an adult if you need help with the scissors!



3. Next we want to cut down all 4 sides to open up the folds of our box. Draw with a sharpie, but make sure to leave at least 1 inch at the bottom. There is usually a change in texture on the carton towards the bottom that you can use as a guide. Remember, you'll be making 4 lines to cut. 3 will be long and 1 will be short.



4. Cut along those lines and make sure to stop before the bottom.



5. Now we need to round-out the corners. I've draw in sharpie how I want all of the edges to look including the 2 tall sides.



6. Cut along those lines to round the edges and finish your box! Now all 4 tops of the jug should be smooth!



7. It's time to fold your box! I've numbered the order to fold them below, but the end product will be able to be secured with a rubber band!



8. For fun, you can decorate your box and decide if it will store snacks, sandwiches or something like craft supplies! By using this box instead of single-use bags, you are helping keep trash out of the landfill! Great job 😊



Check out a video version of making this from the Sierra Watershed Education Partnership!



ACTIVITY 2: Hang up your bags!

Our goal today is to find ways to reuse the single-use plastic we do have and make sure that it is easy for us to use it again. One of the things we tend to throw away when they get dirty are Ziploc baggies. That's because these can be annoying to clean and dry. Today we will make a drying rack just for our Ziploc bags.



You will need:

- Small plastic container headed for the trash
- Scissors
- Plastic utensils or chopsticks from takeout food
- Sharpie (optional)

Instructions:

1. Find a shallow plastic container that you were going to throw away like a container for apple sauce or yogurt or pesto, and give it a good clean. Once it's clean and dry, mark 4 points on the outside edge of the bottom of the container so you know where to make your cuts.



2. Make a small cut at each point. If you need help, have an adult assist you. If your plastic is thick, you may need an adult to help you use a knife instead of just scissors.
3. Place your chopsticks or plastic utensils into the 4 holes.



4. You now have a way to dry your plastic bags. To wash them, just turn them inside out, give them a scrub and hang them on your new rack! I made mine with chopsticks and an old Tupperware where I lost the lid.



EXPERIMENT 3: Become a recycling super hero!

You will need:

- Some bins, buckets, or empty cardboard boxes
- Paper
- Markers or crayons
- Tape
- A superhero cape (optional)



Instructions:

1. Look at the list on the next page and determine what disposal district you live in within the area. Where you live will decide what you can or can't recycle so it is important to be an informed super hero!
2. Once you know all of the different things that can be recycled, learn how they need to be put outside on recycling day. Some places you can mix everything in one bin, others, like in Roseburg, you need to separate out each kind of recycling on its own.
3. If you don't have a recycling bin in your house already, make one out of an old box or bin. Label each bin with what should go inside. As the recycling super hero of your house, you can be responsible for checking that everything is in clean and ready to go!
4. If you live in Roseburg, like me, you may have a container for plastic, one for tin, a bag of aluminum cans to take to the Bottle Drop, and box for mixed paper and magazines to drop off in Sutherlin every few weeks.
5. I know it can seem like a lot of work, but by properly recycling, you will notice how much less stuff gets sent to the landfill! Before you throw anything in the trash, just check if it may have another use in your home!
6. Thanks for being a superhero and doing your part!!

So, what can you recycle?



Great question! It actually all depends on where you live... This can get a bit confusing. I've listed below the recycling rules for some cities in Douglas County.

Click on the disposal company logo to get information on their website!

Roseburg:

- Rinsed and clean plastic bottles with no lids.
- Rinsed and clean tin cans. No lids
- Rinsed and clean aluminum cans
- Corrugated cardboard
- Motor oil in a secured container



****All items must be in separate bins. You can't mix the plastic and tin together for example. The cardboard should be folded under the bin in Roseburg.**

Sutherlin:

- Clean #1 and # 2 plastics (label is usually on the bottom of the container)
- Mixed paper (newspapers, thin cardboard like cereal boxes, paper, egg cartons)
- Corrugated cardboard
- Rinsed and clean tin cans
- Rinsed and clean aluminum cans



Canyonville, Myrtle Creek, Days Creek, Riddle and Tri-City

- Clean #1 and # 2 plastics (label is usually on the bottom of the container)
- Mixed paper (newspapers, magazines, thin cardboard like cereal boxes, paper)
- Corrugated cardboard
- Rinsed and clean tin cans
- Rinsed and clean aluminum cans



Look for these #1
and #2 plastic labels
for recycling



Well what about everything else I thought you could recycle?

Glass

Jars and non-deopis bottles can be recycled in Eugene if you ever go up that way

Glass deposit bottles can be brought to a Redemption Center like [BottleDrop in Roseburg](#)

Plastics that are not #1 or #2

These cannot be recycled ☹ The less you buy the better. Try and find the items you need in less packaging to reduce your landfill waste

Plastic Grocery Bags

There are collection stations at some grocery stores (check your local store entrance). The best thing to do is switch to bringing your own bags to the store!

Mixed paper if you live in Roseburg

[Sisters Shredding](#) provides free paper recycling at their facilities on Tuesdays and Thursdays near the airport!