

REAPS READER

Have you helped the environment today?

It is a new year and that means time for New Year's resolutions. Maybe one of yours will be helping around the house or about yourself. But, what about the Earth? Now is a perfect time to get involved and help make our lives more sustainable. Here are a few suggestions for those just starting out and those of you who have been helping



Recycle. This is one of the easiest ways to start helping the Earth. All of your paper, milk jugs, pop cans, cardboard, and much more can be recycled instead of going to the landfill. If you want to know if something a little different is recyclable feel free to phone us at REAPS and we will be happy to let you know.

Precycle. While recycling is helpful to the environment it still uses electricity and resources. Precycling is the activity of thinking about something before you buy it. Next time before you buy something ask yourself these questions. Do you really need the item? Is there some way to buy this item that uses little to no packaging? Can I use this item more than once? If it is a one time use is there something else I could buy that can be used multiple times? By asking yourself these questions you will be able to reduce the amount of waste you have and the amount of recycling you have.



Turn off the tap. When you brush your teeth do you leave the water running? Apparently, we can waste up to 8 gallons of water each day just by brushing our teeth. This does not mean that we should stop brushing our teeth. Instead just use enough water to rinse your tooth brush and use a cup to get some water to rinse your mouth.

If you want a cold glass of water don't run the water. Instead fill a jug with water and put it into the fridge. The water will then be cold whenever you want it. If you want to keep your water fresh refill the jug often. If there is extra water in the jug use it to water your plants.