



Blue Bin News

St. Louis City Residential Recycling Newsletter

Reduce Waste, Lose Weight

Join the Waste Diet Challenge and you can significantly reduce the amount of trash you throw away in no time. Have you ever weighed your trash before sending it to the landfill? The Engelmohr's, a family from the St. Louis area, are doing just that. Every time the Engelmohr's empty their trash cans, they step onto the bathroom scale to measure the weight of their garbage. Before they started their Waste Diet, they were throwing away about 60 pounds of trash per person per month. After only one month of being on the Waste Diet, the Engelmohr's have reduced their trash to about 6 pounds per person per month. How did they do it? Check out their website at www.thewastediet.com to find out.

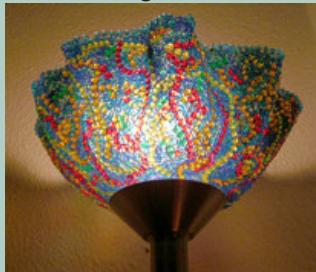
If you're looking for a fun challenge and an experience to teach you how to be less wasteful, the Waste Diet is a perfect way to get started. The Engelmohr's website will help you track your progress and provide a place to swap ideas about how to reduce, reuse, and recycle as much of your waste as possible. Simple things, like cooking meals at home to reduce packaging, composting food scraps, and buying products made from recyclable materials will significantly reduce your trash can's waste line. Try it for one week, one month or one year. Once you get started, you may find reducing your waste is easier than you thought. You may even influence someone else to take part. Or, you could start a friendly competition between you and your family, friends, and neighbors. Check in weekly with www.thewastediet.com to see how the Engelmohr Family is doing and learn how others are tackling difficult hurdles. Before you know it, your trash can will be the smallest on the block.



Buy Reused and Recycled

Mardi Gras Beads
<http://www.letsgetup.com>

They make and sell lighting made from reused Mardi Gras beads. When luminated, the beads mimic the colorful glow of stained glass.



Check out this month's featured products at <http://stlouis.missouri.org/citygov/recycle/buyreusedrecycled.htm>

City of St. Louis Refuse Division's Recycling Program

Website: <http://stlouis.missouri.org/citygov/recycle>
Email: recycle@stlouis.missouri.org
Phone: 353.7176 (direct) or 353.8877 (switchboard)

Upcoming Events

February 19, 2008

St. Louis Green Drinks Meeting
6:30 pm - 8:00 pm
Airing of a 20-minute film, The Story of Stuff,
followed by discussion at the
Macklind Avenue Deli, 4721 Macklind Avenue
Call Terry at Home Eco 314.351.2000

February 21, 2008

Home Composting Made Easy Class
6:00 pm - 6:50 pm
Landscape & Garden with Native Plants Class
7:00 pm - 7:50 pm
Both classes will be held at the
Bevo-Long Middle Community Education Center
Phone 314.353.1034

February 27, 2008

Home Composting Made Easy Class
6:00 pm - 6:50 pm
Landscape & Garden with Native Plants Class
7:00 pm - 7:50 pm
Both classes will be held at the
Nottingham Community Education Center
Phone 314.352.1163

Valentine's Day Candy Box Picture Frame

If you receive a box of chocolates this Valentine's Day, keep the love going by transforming the box into a photo frame that can capture your favorite moments forever.



1. Eat all the chocolates.
2. Remove the candy wrappers and tray.
3. Measure the height and width of the box and print out a photo to match the size of the box.
4. Use the candy box bottom to trace the heart shape onto the photo.
5. Cut the photo out to fit into the candy box bottom and glue into place.
6. Glue the top of the box upside down to the bottom of the box with the photo inside.
7. Allow glue to dry.
8. Hang on a wall.

Landscaping & Gardening With Native Plants Reduces The Need For...

Decode the cryptogram to complete the sentence.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
							N																		

_____ N _____
 T A U C J O J Q A U M H Q F A X C J S J Z A X U
 _____ N _____
 N A O M E U A C G A T S M H C U A K Y S K A Q
 _____ N _____
 C Y U E X K J K A J H L J U U Y E X J .

We Challenge You To Check Out A Materials Exchange.

A materials exchange is a network "service" that helps one person get rid of unwanted items and another person receive items they are looking for. It's the age old concept of turning trash into treasure. Not only do these exchanges help clean out basements, they also keep useful materials from heading to the landfill. It's a win-win. For a complete list of exchanges visit <http://stlouis.missouri.org/citygov/recycle/MaterialExchanges.html>. Local and regional materials exchanges include:

Gigoit
www.gigoit.org

Habitat for Humanity St. Louis' ReStore
www.habitatstl.org

St. Louis Teachers' Recycle Center, Inc.
www.stlouisteachersrecycle.homestead.com

ReSource St. Louis
www.resourcestlouis.org

Leftovers, etc.
www.leftoversetc.com

Library Lovers Month



In the U.S. alone, about 20 million trees are cut down annually for virgin paper used in the printing and writing industries. Books are an integral part of learning and we need them for education. However, there are many things we can do to reduce the number of trees needed to produce our books.

Here are some options available to reduce the impact printing books has on the environment:

1. Borrow books from the library.
2. Buy books printed on post-consumer recycled paper.
3. Write publishers and encourage them to print their books on post-consumer recycled paper.
4. Reuse or Recycle books when you're finished with them. A variety of options are available at <http://stlouis.missouri.org/citygov/recycle/Books.html>.
5. Plant a tree for each book you read at www.ecolibris.net.

Answer Key:
PESTICIDES AND FERTILIZERS BECAUSE THE PLANTS EVOLVED TO SURVIVE IN MISSOURI.