



## PRECYCLE

**\$1 out of every \$11 spent on food goes for packaging.**

### Did You Know?



Each American uses about 190 pounds of plastic each year. About 60 pounds of that is packaging which is thrown away as soon as the package is opened.



About 30% of all plastics produced are used for packaging. Americans go through 2.5 million plastic bottles every hour.



Packaging waste accounts for approximately 1/3 of all the garbage Americans send to landfills.

About 5 million tons—more than half of all plastics thrown away each year—are packaging.

### Things to Do!



Rethink how you shop. Precycle—buy things that do not have to be trashed. Precycling is making the correct buying choices and reducing waste before buying.



Buy eggs in cardboard cartons, not Styrofoam.



Buy boxes of cereal, cookies, crackers, dry goods, etc. made of recycled cardboard. Look for the “recycled” symbol.



Buy in bulk.



Buy produce that is not pre-packaged. Take your own string bag.



Buy beverages in glass or aluminum containers. Choose sauces, condiments, baby foods, spreads, etc that are packaged in glass containers.



Avoid plastic containers that are “squeezeable”. These are made up of different types of plastics in several layers, and are non-biodegradable.

**If** 10% of Americans purchased products with less plastic packaging just 10% of the time, we could eliminate some 144 million pounds of plastic from our landfills, reduce industrial pollution, and send a message to manufacturers that we are concerned consumers.

A recycled aluminum can is typically re-melted and back in the store within 6 weeks!



UNIVERSITY OF ILLINOIS EXTENSION  
College of Agricultural, Consumer and Environmental Sciences

Prepared by:

Pat Hildebrand, Educator

Consumer/Family Economics

University of Illinois Extension, Effingham Center

Source:

Simple Things to Save The Earth

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University of Illinois Extension provides equal opportunities in programs and employment.



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