

Resources to Help Simplify Your Life

99% of our purchases become trash in six months.

- Natural Home Magazine

Reduce junk mail

Junk mail in the USA consumes 100 million trees and 22-28 billion gallons of water annually – just to reach our homes! (That does not include the cost of recycling or trash disposal!)

<http://www.catalogchoice.org/>

Reduce unwanted catalogs.

<http://www.stopjunkmail.org/>

Download information to receive a “Stop Junk Mail Now” kit.

<http://www.41pounds.org/>

Saving the environment 41 pounds at a time (the amount of junk mail the average American receives annually).

www.newdream.org/junkmail

“Junk Your Junk Mail” (from New American Dream).

More Waste Reduction

Only 1% of what we buy survives after just six months. (The Story of Stuff)

<http://earth911.com/>

Scottsdale-based site that tracks impacts of products we buy; compiles write-ups about Arizona-specific recycling and earth-friendly programs – even how to recycle your leftover Halloween pumpkins!

Especially for Kids

<http://www.epa.gov/recyclecity/>

Kids’ pages on recycling, sponsored by the US EPA (Environmental Protection Agency) – Region 9.

<http://www.epa.gov/kids/>

Environmental Kids Club, sponsored by the US EPA (Environmental Protection Agency).

<http://kids.niehs.nih.gov/recycle/htm>

Kids’ pages from the National Institute for Environmental Health Services.

<http://www.azdeq.gov/function/education/kids1.html>

ADEQ (AZ Department of Environmental Quality) interactive kids’ pages

Miscellaneous

A child taking a disposable lunch to school creates an average of 67 pounds of lunch waste annually.

- The Waste-Free Lunchbox

<http://www.wastefreelunches.org/>

Tips and products to create a waste-free lunch box.

<http://www.yourguidetogreen.com/>

Website operated by Greg Peterson of the Urban Farm – Phoenix. (You may also register to receive weekly tips on sustainability.)

<http://www.thegreenguide.com/>

Tips for saving money and resources (published by National Geographic).

Reconsider your “needs” vs. “wants”

The Futures Channel / Problem Solving: **Recycling Computers**

Watch the movie: http://www.thefutureschannel.com/dockets/hands-on_math/recycling_computers/

Only 18% of all discarded computers, monitors and television sets are recycled, and only 10% of cell phones are recycled. Take a look inside the largest electronics recycling facility in California to see how they recycle over 5 millions pounds of electronics a month.

<http://www.storyofstuff.com/>

21 minute video – recommended for junior high