

Recycling Resolutions 2022

How & Why to Do It

**St. Teresa of Avila
Care for Creation Committee
In response to "Laudato Si"**



1. Recycle your trash correctly.

94% of natural resources are non-renewable. Recycling saves natural resources but only if done correctly. For tips on how to recycle correctly: <https://www.recyclebycity.com/chicago>



2. Reuse/Return plastic grocery bags.

Plastic bags don't biodegrade; meaning they will spend hundreds of years in a Landfill. Return them to the store's recycling center usually at the entrance to the store for special recycling.

Alternative: Bring reusable bags to the store when you shop.



3. Recycle "film" plastics.

Film plastics sit in landfills and like all plastic, releases toxic chemicals when it breaks down. Film Plastic can often be recycled with your plastic grocery bags. Check your store's drop off center or go to plasticfilmrecycling.org to find one near you.



4. Seal up air leaks in your home.

Energy is wasted when it flows out of your house through air leaks. Simple fixes can be found at your hardware store. To detect air leaks in your home and how to fix them visit: <http://www.energy.gov/energysaver/detecting-air-leaks>



5. Reduce home energy use for free.

Reduce your energy usage in your home & save money. ComEd in partnership with your natural gas utility now offers FREE in-home & virtual energy assessments. Free & discounted products are also offered. *Ask for ID before letting any service person in your home.*



6. Reduce the use of single use plastic.

Cutlery from take out meals, parties, etc. add significantly to the mountain of plastics that don't biodegrade. They release toxins that make their way into our water and food supply.



7. Compost your kitchen scraps.

Composting creates a nutrient-rich soil amendment that improves soil health and reduces greenhouse gas emissions in landfills caused by rotting food! It also helps to reduce the rodent food source, makes regular trash lighter & drier. Use a neighbor's compost pile, sign up for regular bucket collection or ask your refuse collector about their services.

Email a PDF of this flyer to your friends and family! Copy found at:
<https://teresa.church/care-for-creation>