

Did you know?

DAY 1- Single Use Plastics

- **Half a million straws are used per day.**
- **4 trillion plastic bags are used worldwide annually.**
 - **Yet only 1% of plastic bags are returned for recycling.**
- All that waste can be eliminated by switching to reusable shopping bags and straws.

DAY 2- Recycling

- **75% of America's waste is recyclable**
- **U.S. recycling rate is around 34.5%.**
- **If we're able to get the rate to 75%, the effect would be equal to removing 50 million passenger cars from U.S. roads.**
- Utilizing the High 5 recycling system is key to ensuring your recyclables meet standards and simplifies what you can recycle.
- Always remember to remove all food and liquids from recyclables or they might get sent to the landfill.

Day 3- Keep It Real

- **Americans purchase about 50 billion water bottles per year, averaging about 13 bottles per month for every person in the U.S.!**
- **At the same time, 500 billion disposable cups are consumed every year.**
- **Americans alone throw away 25 billion Styrofoam coffee cups every year. Styrofoam cannot be recycled.**
- **Most of the Styrofoam disposed of today will still be present in landfills 500 years from now.**
- By using a reusable water bottle, you could save an average of **156 plastic bottles annually.**
- By bringing your own takeout containers you can lessen both food and container waste.

Day 4- Green Clean

- **Harsh cleaning chemicals pose both a risk to our waterways and to our bodies!**
- **70% of American streams were found to contain laundry detergent ingredients.**
- **Indoor air is 2 to 5 times more contaminated than outdoor air.**
- Natural cleaning alternatives, from laundry detergent to bathroom cleaners (and everything in between) are now available at practically all grocery stores.
- These natural cleaners are biodegradable and human friendly.
- You can also make your own cleaning products at home using baking soda or vinegar.

Day 5- Zero Waste Day

- **Every year we landfill a massive 2.12 billion tons of waste.**
- **99% of the stuff we buy is trashed within 6 months.**
- The idea of going a full day without creating waste can be overwhelming, but the goal of one less wasted item is an ideal first step. And keeping in mind that all journeys need a place to begin, this could be your starting point to leading a greener, less wasteful, and more sustainable life.