

April 2014 | [greenliving.lovetoknow.com](http://greenliving.lovetoknow.com) | Mary Gormandy White | Health & Wellness

# How to Help the Environment by Recycling

## How to Help the Environment by Recycling

No matter who you are or where you live, you can have a positive impact on the planet by engaging in behaviors that reduce the amount of post consumer waste that finds its way into landfills. Many of the items that end up in landfills shouldn't be there. Many consumer products can be repurposed through recycling. Food and plant waste can be composted and used as organic fertilizer.



## Curbside Recycling

There are many ways to help the environment by recycling. Some communities provide curbside recycling pick up once or twice each week. If your town has this service, it's likely that the recycling company will provide you with a few crates to use for collecting materials that can be recycled. You'll just need to fill your crates and place them by your curb on the days that your neighborhood's pick up is scheduled.

Curbside recycling services are usually provided by the same company that handles garbage pick up service in a particular area. In some locations, curbside recycling pickup is funded by the municipality in which the neighborhood is located. In other areas, residents who want to enjoy at home recycling services can pay a fee for scheduled pickups.

## Recycling Centers

Even if you aren't fortunate enough to live in an area that offers curbside recycling pickup, it's likely that there is a recycling center of some type in your community. Find out what types of items your local recycling facility accepts, and start collecting items for recycling. Some recycling facilities pay a small fee for items that are dropped off for recycling. Other recycling facilities are businesses that operate either for profit or as revenue centers for non-profits.

**READ MORE  
AT THE  
JUICE BAR**

April 2014 | [greenliving.lovetoknow.com](http://greenliving.lovetoknow.com) | Mary Gormandy White | Health & Wellness

*NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with PROJECT: PFC's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.*

# How to Help the Environment by Recycling

## How to Help the Environment by Recycling

No matter who you are or where you live, you can have a positive impact on the planet by engaging in behaviors that reduce the amount of post consumer waste that finds its way into landfills. Many of the items that end up in landfills shouldn't be there. Many consumer products can be repurposed through recycling. Food and plant waste can be composted and used as organic fertilizer.



### Curbside Recycling

There are many ways to help the environment by recycling. Some communities provide curbside recycling pick up once or twice each week. If your town has this service, it's likely that the recycling company will provide you with a few crates to use for collecting materials that can be recycled. You'll just need to fill your crates and place them by your curb on the days that your neighborhood's pick up is scheduled.

Curbside recycling services are usually provided by the same company that handles garbage pick up service in a particular area. In some locations, curbside recycling pickup is funded by the municipality in which the neighborhood is located. In other areas, residents who want to enjoy at home recycling services can pay a fee for scheduled pickups.

### Recycling Centers

Even if you aren't fortunate enough to live in an area that offers curbside recycling pickup, it's likely that there is a recycling center of some type in your community. Find out what types of items your local recycling facility accepts, and start collecting items for the center. Some recycling facilities pay a small fee for items that are dropped off for recycling. Others are private businesses that operate either for profit or as revenue centers for non-profit agencies.

## CHECK OUT MORE OF WHAT WE'RE READING:



[www.facebook.com/ProjectPFC](http://www.facebook.com/ProjectPFC)



[www.twitter.com/ProjectPFC](http://www.twitter.com/ProjectPFC)



[www.pinterest.com/ProjectPFC](http://www.pinterest.com/ProjectPFC)