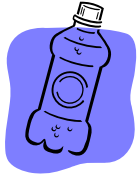
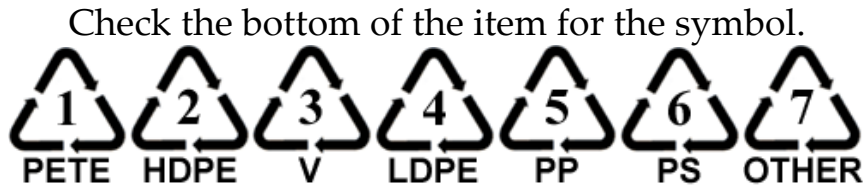


Learn the value of...

# Plastics!

Here at UVA we recycle ALL SYMBOLS of plastic!



That includes plastic bags too! We do NOT recycle Styrofoam™ though, even if it has a recycling symbol.

## Conserving and Reusing Plastic

- ◆ Use a tote bag at the grocery store instead of getting plastic bags.
- ◆ Reuse plastic containers for food instead of using disposable plastic bags or plastic wrap.
- ◆ Avoid items that have excess packaging.
- ◆ Don't use disposable silverware, plates or cups.
- ◆ Don't buy bottled water. Use a reusable bottle and a water filter kept in the refrigerator. UVA Recycling gives away free nalgene water bottles too!



### The bad: (that you can fix!)

- Americans use 4 million plastic bottles an hour. Only 1 in 4 is recycled.
- Plastics make up 7-13% of household trash.
- Last year, over 17.5 billion plastic bags were given away in supermarkets.

### The good:

- The energy saved by recycling a plastic bottle will run a computer for 25 minutes.
- It only takes 25 2-liter bottles to make a fleece jacket.
- Plastic lumber, made from recycled plastic, holds nails and screws better than wood, is virtually maintenance free and lasts for 50 years.



UVA Recycling  
(434) 982-5050  
[www.recycle.virginia.edu](http://www.recycle.virginia.edu)