



# Ready's Recycle News

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PCSWD Website:  
[www.preblecountyrecycles.org](http://www.preblecountyrecycles.org)

## “Recycle for a Better Future!” Issue

### 2022 Earth Day Event at Wilderness Ridge Retreat is a Success!

It was a CHILLY but BEAUTIFUL day at this year's 2022 Earth Day event held at Wilderness Ridge Retreat in Camden, Ohio. The April 28th event was put together by Preble Soil and Water Conservation District and Preble County Solid Waste District for the benefit of approximately 300 sixth-grade students and featured 15 presenters speaking on wide-ranging topics from forestry, natural resource conservation, wildlife preservation, land-use management, energy, outdoor ethics, honeybees, birds, fossils, and other environmental management issues. The students enjoyed hands-on activities and demonstrations and asked questions at each station to increase their knowledge about how to better take care of our

Earth for its human and animal occupants.

This was the first post Covid-19 event to be held after a two-year hiatus. All of the students got a special experience and opportunities to learn while having fun in the great outdoors. Thanks go to all of the teachers and students in attendance, because without you, Earth Day would not be possible. A special acknowledgment goes out to all of the presenters for sharing their time, knowledge, and talents with the students and adults in attendance. Finally, the Preble County Solid Waste District would like to recognize Wilderness Ridge Retreat for allowing the use of its grounds and event sponsor Jubilee for funding this outstanding learning experience highlighting

the value of good environmental stewardship.

We hope everyone had a fun and exciting time at the 2022 Earth Day Celebration!



The 2022 Preble County Solid Waste District's Earth Day Poster Contest winners were:

1st Place: Haelee Smith (Twin Valley South Schools)

2nd Place: Nate Schmidt (Eaton Middle School)

3rd Place: Gary McCullough (Eaton Middle School)

Congratulations to each of the winners. Thanks to all who submitted drawings. Winners received prize packages of recycled and sustainable gifts.



### Four Wonderful Ideas to Celebrate Earth Day Everyday!

#### Idea #1: Educate yourself, and share what you learn with others.

Rather than get discouraged over all of the enormous environmental issues we're currently dealing with, pick one environmental topic that interests you. Do everything you can to read up on it. Figure out how the topic is affected by citizens, businesses and the government. Share what you learn with others, and brainstorm ways to improve the situation.

Maybe you're worried about water quality in your city or school district. Read about how water gets polluted, and things that can be done to reduce the pollution. Maybe you will decide to stop using pesticides on your lawn, stop flushing leftover pharmaceutical drugs down the toilet, and buy a water filter. These are great places to start—and then, you can share what you've learned with your friends and neighbors.

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## Idea #2: Commit to a day, week or month of no new plastic.

Maybe in the process of researching water quality, you discover how big the plastic waste issue really is because after all, disposable plastic water bottles are a big problem. For the record: plastic doesn't disintegrate quickly in landfills, if it breaks down at all. Huge garbage patches in the Earth's oceans are filled with plastic that doesn't break down, which [harms sea animals](#) and contributes to [water pollution](#). Plus, although it is [recyclable](#), it's not easy to make [plastic](#) into something new.

Despite being a major pollution problem, there are a lot of medical and technological benefits to having plastic. It just doesn't need to be used and thrown away so mindlessly in our everyday lives. Spend a few days keeping track of where you use plastic, and identify where you can use less. Then, reduce the plastic you use in your household, at work and even on the go. With a little planning and practice, everyone can reduce the amount of plastic they waste. **Here are four ways you can start:**

- **Use a reusable water bottle**, and ditch the disposable plastic ones. Refill it with filtered tap water.
- **Use a reusable coffee mug**, and use it as often as you can remember. Even disposable paper coffee mugs are lined with plastic, which keeps the liquid inside from seeping through. Think of how many disposable coffee cups you use all year, and how much less you would waste if you remembered your reusable mug—even just 50% of the time.
- **Use washable food storage containers** to store leftovers and transport your food, rather than disposable plastic bags. Glass and stainless steel containers are sturdy options. Even if you do buy new plastic reusable containers, at least they're not going in the landfill on a daily basis, as plastic storage bags would.
- You know those reusable grocery bags that you always forget? Put some in the back of your car, **add “BRING REUSABLE BAGS” to your grocery list**, set a timer on your phone—do whatever you have to do to start a new habit. Again, imagine how much waste you would not be producing if you remembered your reusable bags just 50%, or 75%, of the time.

## Idea #3: Plant a Garden

Large, industrial farms use a lot of energy, and transport food long distances, releasing [greenhouse gases](#) (that cause climate change) to the atmosphere. This year, try growing your own food by planting a garden. If it's too cold where you are to actually plant the garden outside on Earth Day, start some seeds inside. It doesn't have to be extravagant. Include some veggies you can eat, and include some bee-friendly flowers. If you don't have any space to garden outside, our [Mushroom Farm](#) and [Garden-in-a-Jar](#) are great options for your kitchen counter.

## Idea #4: Cook meals with locally-produced food.

You can make your diet more sustainable by eating food that is grown locally, either in your own garden, or by others. Less energy is used to produce food on small farms, and less gasoline is used to transport food locally. Eating lower on the food chain—more fruits, veggies and grains—is also more environmentally friendly than having a meat- and dairy-heavy diet. Meat and dairy require a lot of energy to produce, so you can make your diet more sustainable by incorporating more plants into your meals. **More and more people are interested in where their food comes from**, and this has spurred a lot of interest in local foods. In many places, small, local farms are gaining customers again.

- **Learn what foods are produced within 100 miles of you.** For example, you might find more fruits and veggies during the summer months, and more meat and dairy in the winter when it's too cold to grow crops outside.
- **Learn where you can buy them.** Are there farmer's markets near you? Are there farm stands, local foods stores, or local food in your large chain grocery stores?
- **Try planning meals around local food ingredients**, when you have the time. Commit to local eating for one meal, or one day, per week. Gather a few friends, and discuss ways you can lower your carbon footprint in the coming year.

\*Adapted from an article found at: [Back to the Roots.com](#)