

LIFESTYLES OF THE RICHLY ECO-FRIENDLY

**A GUIDE OF IDEAS TO BETTER
FINANCIAL
HEALTH & A HEALTHIER
ENVIRONMENT
1ST EDITION**



**BY R. ELIZABETH TRUESDELL
&
RAYMOND W. TRUESDELL**

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RAYMOND W. TRUESDELL**

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www.TNTRecycle.com



FOREWORD FROM THE AUTHORS

So you're trying to get your life better suited to being less wasteful and more environmental friendly. Perhaps you're trying to encourage others to do the same. We've designed this eBook to give interested persons the quick resource needed to engage in a more eco-fiendly & sustainable lifestyle. In doing so, you'll realize how much money you can save yourself. It's also a win situation to combat the Earth's pollution problem.

We hope to touch base with you effectively on ideas on how to save money, how to find environmental resources, and how to get the kids involved (be sure to check out the Kids Corner section). Becoming more environmental friendly is not a political affiliation or political movement. It is a moral and ethical movement of helping one another in keeping a healthy environment in which to live.

Come join all peoples of the world in making the Earth a better place through innovative ideas and living. It isn't hard to do and it's fun. We encourage people to experiment with new ways in coming up with ideas to save resources.

Happy reading!

*R. Elizabeth Truesdell &
Raymond W. Truesdell*



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GETTING STARTED



The possibilities are as endless as one's imagination. That is what makes recycling and upcycling so great and a lot of fun. You can be bold in your creativity. It's refreshing and it saves you money when you re-use what you have. Who doesn't like saving money? You can start by making changes immediately.

We would like to bring awareness to the public on how badly the United States needs to get serious about recycling. The United States creates the most waste in the world and does not recycle as well. According to the website www.dumpsters.com author Jon Behm (ref #1) "*...the United States is ranked number 25 out of 32*" (9/7/2022). This can and should be changed.

Our friends across the pond in the United Kingdom are doing better as His Royal Highness Prince William of Wales has launched a great program called *The Earthshot Prize*. This program aims to spawn innovative ways in keeping the Earth clean. If you, or anyone you know, has an innovative idea on how to do so, try applying to the Earthshot Prize and you can have a shot at being awarded £1 million pounds (read more about this program on page 18). You the Gov'na! The UK has shown seriousness about making a difference in striving to keep their carbon footprint down as much as possible.

Germany dominates the recycling initiative coming in first place. Sweden is looking to be a "no waste" country. India, Africa, Asia and most Countries across the globe are trying to be creative in their use of resources to keep costs and pollution down. This is a world-wide effort as one can see when you search the internet and start investigating an eco-friendly lifestyle.

How can we motivate others? I can speak for my Country in saying many Americans either feel it's a fad, it's a political agenda or it's not their problem. Some Countries are facing dire problems that recycling and living eco-friendly is the last thing on their minds. Let's hope it doesn't take folks not being able to fish the streams or lakes because it's contaminated to motivate people. But that's just it, in the United States we already have streams and rivers that are too polluted to fish out of. One would think that this would motivate people. Sadly, Americans are still dragging their feet. We need a proactive approach in creating a healthy environment in which to live, not a reactive approach of doctor visits because we are sick from the pollution. Tell that to a person who doesn't take recycling or an eco-friendly lifestyle seriously. Perhaps that may motivate people to quit being sloppy about their approach of taking care of the Earth. For most people, it has to affect them before they want to make a change. They need to be informed that it is already affecting them!

There has already been a problem here in the Western North Carolina area of the United States concerning lots of trash at the sides of the roads. I am sure this isn't the only area within the Country having that problem. We strongly encourage folks to get involved in their communities by adopting roads and assisting in the roadside clean-ups. However, the better response would be to educate the community about recycling. We as a community need to take pride in the place we call home. It is lazy, disrespectful and poor citizenship to not properly dispose of trash or not to recycle what we can. You can be part of that change by teaching children from when they are young. We can teach adults to have more respect for themselves and their communities by being examples for others to follow.



GETTING STARTED



Encourage saving money by re-using or upcycling and teaching others how to re-use and upcycle things. Start a conversation the next time you're out with your friends and family. Be the change in America that our future generations need. **RECYCLING BENEFITS EVERYONE!**

With all that being said - we thought sharing some of the ideas and projects we have done with others would be our part in helping folks in America and all across the globe. We need people willing to teach and be leaders. We hope you enjoy this Lifestyles of The Richly Eco-friendly eBook publication and we hope it motivates you. May you find it useful and refreshing in becoming more engaged in an eco-friendly lifestyle and in teaching others.





A DAY IN THE LIFE OF BOB

Bob is a wonderful person and really enjoys the challenge of reusing of recycling things. Bob accepted a challenge of recycling or reusing as much as he could in one day. Here is how it went!

Bob's alarm goes off, so it is time to start his day. Bob gets up and prepares for his shower. He folds a washcloth in half and sews around all the edges, before he finishes, he puts all the soap pieces in it and finishes sewing it together. That way when the washcloth gets wet it will automatically get soapy so he can reuse all the leftover soap and not waste any.

After his shower he dries off with the towel he used yesterday, to cut down on laundry. Bob gets dressed in the clothes he bought at the thrift store. He then makes breakfast for his pet cat Sophie using the leftover chicken from dinner the night before. He makes his lunch for work and puts it in reusable Tupperware.

Next, he has breakfast with farm fresh eggs from the chicken coop, fruit from the garden, and milk from the goat. He also made a casserole from the leftovers in the fridge and left it for dinner. This is Saturday and to save time Bob made all the meals for the day at one time. Bob only had a few dishes, so he filled the sink half full to wash his dishes and then used the dishwater to mop the kitchen floor.

Now it is time for Bob to work around the house. He went outside and collected all the sticks in the yard to use when he starts the fireplace. Bob mows the grass and then collects the piles of grass clippings in the yard to give to the chickens.

Bob wanted to put a small desk or table by the front door to put mail and important notes on. The only thing Bob could find was a small kitchen table with two missing legs. The table was the kind that separated in the middle to add another section. He decided to cut the table in half where it separated. Then he mounted the half a table to the wall with the side with two legs holding up the side that was away from the wall and the backside being mounted directly on the wall.

He also wanted a pencil holder for the desk. So he used an old 20 oz beverage bottle, cut the top off and decorated it to put the pencils and pens in. While he was at it, he made another one to put water and fresh flowers in.



The garden also needs some fertilizer to help things grow. After looking around Bob realized he could use old newspaper, make a compost pile, or setup a worm farm to make his own fertilizer. He decided to do all three. He made a compost bin by using four old pallets, one that is removable so he can tend to the compost pile. Then he made a worm farm out of two more old totes (one inside the other), and lastly, he sliced up old newspaper to add to the garden soil.

It should be obvious by the story that Bob has taken this challenge before. In fact he liked it so much he changed the way he does things in his life. His next challenge is the zero waste challenge, so stay tuned!

Written by: R.W. Truesdell





RE-USING

We all have an ambition to save a bit of money. It makes sense to save money AND keep trash out of the landfills. In this way, we are helping both ourselves and our fellow Earth folks in keeping our environment healthy.

We have compiled a list of 30 ideas that can be applied to household items. Recycling should be fun and exciting to experiment with your own tastes and creativity. So the next time you get a project idea, see what you can do to re-use what you have first before going out to buy anything.

Let's get started!

- 1) Use old floor tiles to line your cupboard shelves with in stead of contact paper. They will last much longer and are easier to clean.
- 2) Re-purpose old brown sugar bags - make your own ice cubes and store them in these sturdy plastic bags for your next gathering. Saves money!
- 3) Need a funnel? Take a plastic water or soda bottle and cut the bottom off. Put the small end of the bottle into the container in which you wish to funnel your product in and pour the product in the larger hole you cut at the bottom.
- 4) Save your pickle juice (and jars). Pickle juice adds a great flavor to homemade coleslaws and potato salads instead of vinegar. Use the jars to store other items in like beads, crayons, leftover dried beans or rice from a bag or box. Paint your jars for pretty vases to use.
- 5) Use liquids from boiling veggies to water plants. The vitamins and minerals in the water are good for the plants.
- 6) Old kitchen cabinets painted make great new laundry room cabinets.
- 7) What to do with an old potted plant saucer? They make great water catchers for your pupper's or kitty's water bowl. They also make great serving platters for the patio. You can paint them up or if you're not the crafty type, line the saucer with pretty paper.



RE-USING – MORE TO PONDER

8) After using your dryer sheets in your laundry - save them. Dryer sheets make great dusters. The left over residue on dryer sheets also act as a coating on surfaces that easily collect dust so it will actually repel dust. Dust your bookcases, computer monitors and other surfaces with an old dryer sheet next time.

9) Dryer sheets also work great with mops that have a flat mop head made for disposable duster pads. Save yourself some money by re-using an old dryer sheet!

10) Dryer lint is a great fire starter. Save your dryer lint and wad them up into a ball. Use cotton twine to bind them into the ball shape and store for when you need to start a bon fire or throw one into your fireplace the next time you use it. It keeps it out of the trash and saves money.

11) Ladies, save your compacts after you have used all the powder. Store your hair bows or rubber bands in the washed and cleaned compact. Tuck it in your purse for the next time you are out and need to pull your hair up. You'll even have a mirror to check and make sure it looks right. If you're crafty, take a compact and decorate it however you wish. Add the hair bows and give it as a gift. Good stocking stuffer idea!

12) Old stuffed animals and towels are much needed by the animal shelters these days. Before you throw them out, bag them up and drop them off to the puppies and the kitty cats who are waiting for their adoptions. They will be *fur-ever* grateful!

13) Old pill bottles are good for a lot of things. Some ideas that are useful are: making a mini-first aid kit by stuffing an alcohol pad, band-aids & a small tube of anti-bacterial cream into one. Keep this stored in places you might need one. You could also use old pill bottles to organize your craft room or garage. They are great for beads, needles, sequins, or small scrapbooking stickers. For the garage, left over nails, screws, washers, nuts or bolts.

14) Have lots of old papers? Use a home office shredder and shred them up. Store this shredded paper for packaging material the next time you mail off packages.



A person in a nature-themed costume, possibly a fairy or elf, is sitting by a stream. They have a green, leafy headpiece and are wearing a green, leafy dress. They are looking down at the water. The background is a lush green forest.

RE-USING IS SMART

15) Is your old laundry basket needing a new use? They are great out in the garage to put sports equipment in. They also can be great outdoor cat or dog beds. Place a pillow made for the outdoors in the bottom of the basket, set outside on the porch and watch the critters take to it in no time.

16) Have an old smart phone with a flat screen? You can have photos printed off off your family and friends and "framed" in your old phone. Just cut and glue the photo to the flat screen. Then superglue a wall hanging bracket on the back and hang on a nail. This works with a few old cell phones to create a gallery of photos.

17) Have an old pair of leather boots? Don't toss them. Make a planter out of them by removing the laces and placing a flower pot down inside of them. Set them in your garden to add visual interest. This works with small kid shoes too. They make great succulent planters.

18) Missing a sock? Don't throw out your other lonely sock. Stuff it with either another lonely sock (or two) and wrap yarn around it to make ball for kitty or the dog to toss around. They love that stuff!

19) Have an old book falling apart? You can recycle it in the mixed paper, but does it have photos in it? Save the photos and frame them. It can add a fresh look to your art gallery on your walls.

20) CD or DVD disk too scratched up? Recycle it into a wreath decoration by gluing colored pom poms of your choice to cover the whole surface front and back. Tie a ribbon through the hole to hang. These are also great gifts to give.

21) Need to store cell phone & USB cords? Try using the cardboard tube left over after using all the toilet paper. Stuff'em in there, and store without tangles!





RE-USING IS ENDLESS

22) Want a low mess way to make pancakes? After you have used all your liquid dish soap, save the bottle. Wash it out completely. After making your batter, unscrew the top and pour your batter in there. Put the top back on, squirt out the batter and get serious making pancakes!

23) Lots of golf balls and nowhere to put them? Try organizing your balls into an egg carton.

24) After you have eaten the last of the cereal, what to do with the bags? Save them and you can use them to decorate your next cake. They make excellent icing bags to pipe your designs onto a cake.

25) Have old costume jewelry that is falling apart? Salvage it by making magnets out of them. These also make great gifts or stocking stuffers.

26) Need a mallet, but can't seem to find yours? Take a tennis ball and cut an opening big enough to fit over the head of a hammer. You're welcome.

27) Need to organize your extension cords? Keep your pet's old collar, and use it to keep your cords rolled up and hung from a hook in the garage.

28) Onion bags make great scrubbers. Just ball it up in your hand and scrub, scrub, scrub.

29) Onion bags are also great to put small scraps of material or 4 inch pieces of left over yarn. Hang it up in a backyard tree for the birds to use when they build their nests.

30) Going boating? Re-use corks from wine bottles by attaching a key chain to the cork. That way if your keys fall into the water they won't sink. They will float on top of the water so you can grab them before a fish does.





REFURBISHING A DRESSER

What does upcycling mean? Upcycling is taking something old, worn out and making it new again. It can be something entirely new. Refurbished means to re-decorate or makeover. Our watering can idea is an upcycling project. Here, our re-painting of furniture is a refurbishing project. That's the difference.

One thing at TNT Recycle we like to be sure everything is recycled. Sometimes we pick up furniture that needs a little love before it can find a home. This usually is just a little cosmetic treatment and doesn't take a long time to accomplish.

This dresser here was pick-up at a clean-up job. Looks like someone had tried to refurbish it. It also appeared to have fallen over because the knobs were either missing or loose and bent. We knew what needed to be done since the dresser itself was solid wood and in good condition. It just needed new paint job and new knobs giving it a modern look. It took about two hours total to complete as far as actual time having to paint & seal it and putting on the knobs. Most of the time was waiting for paint to dry!

For a basic refurbish of a dresser, you will need: sandpaper, a rag, a screwdriver, paint color of your choice, polyurethane sealant, new knobs of choice & paper to line the drawers.



REFURBISHING A DRESSER

First, take off all the old knobs with a screwdriver. Then sand down the dresser and the fronts of the dresser drawers with medium grit sandpaper. Wipe everything down to remove dust.

Next, paint the dresser a color you like. You can use spray paint or regular paint in the can. We used a true navy spray paint.

Let it dry and then seal and protect the paint with a coat of polyurethane. Let the dresser dry overnight.

Lastly, add the new knobs. You can also line the drawers with contact paper to make it more elegant. That's it! You have a refurbished dresser!

We like the modern look of navy and brass accents.



Refurbished furniture is a great option to save money and keeping stuff out of the landfills. It's a great money saver for changing the look of a room. The next time you are thinking about re-decorating, try painting the furniture instead of buying new. Especially if you are fond of the piece of furniture.

REFURBISHING FURNITURE

This is where the fun begins! Creating something new out of something out-dated. It doesn't take a lot of skill or money to do this project featured below.

What you will need:

- a solid wood side table
- two paint colors of your choice
- polyurethane sealant
- sandpaper & a rag
- paint brushes
- new knobs of your choice

First, remove knobs and sand the wood table down. Wipe clean with a rag so that the new paint will stick better. Next, paint the table with one color and let dry. Then paint the table the other color and let dry. Once all the paint is dry, then sand the paint to create a distressed look. It is o.k. if the wood shows through the paint. That is desired.

Once you have done the whole table, wipe it clean before sealing with the polyurethane sealant. This will help preserve your paint job and give it a finish. Lastly, fasten the new knobs onto the table. That's it! - Easy, huh?

I don't know about you, but this table looks hungry or like it's screaming? What's your take?





HOW TO MAKE WATERING CANS

Watering cans are useful. There are a few ways you can re-use what you have and make your own with very little effort. They also can make great gifts.

You will need to find a suitable plastic container with a screw on lid such as a kitty litter container. Other ideas can be a gallon milk jug, a laundry soap container or a very large plastic bottle. You will also need a drill, a small drill bit, a box cutter & craft supplies to decorate your watering can.

To prepare: Remove all labels and wash the container clean.

Next: Mark out where to drill holes in the cap. We used an old cookie press template to help us space the holes evenly.



Next use a drill with a small drill bit and drill the holes you marked out on the cap.

Next, cut a hole in the back of the container to allow air to move through and to fill the container with water. You can use the drill bit like we used or use a box cutter to cut out a hole.



Lastly, Decorate you new container. Then fill the container with water and screw the cap back on. That's it! You're ready to quench the thirsty appetites of your plants.



UPCYCLING A SKATEBOARD

Has your kid outgrown their skateboard? Turn it into a shelf! Secure a pair of shelf brackets and gnarly, dude! You got yourself a cool place to put your stuff.



If you are not a crafty type of person but really like this idea, check out the above skate shelves available at:

www.recycledskateboardgifts.com

HOW TO GET INVOLVED

By now, you've got an idea of how to start re-using what you have. Excellent! This is a great start in becoming more eco-friendly and helping you and others to stay healthy. Perhaps you would like to go beyond what you do in your home and help on a local or even a world-wide level. What can you do?

There are several organizations out there that allow you to stay in the loop or participate in keeping the Earth beautiful. Let's explore a few of them.

There's been much talk about how bad the ocean is getting with plastics and other waste. It's true. Our oceans are becoming filled with trash that is having serious impacts on marine life. Not to mention, our beaches are becoming ghastly with trash washing up onto them. It's not just in the United States. It's happening all over the world. One organization making a big difference is OCEAN CONSERVANCY. They are a member of Earth Share and participate in the International Coastal Clean-up® initiative helping communities all over the world to make beaches and the oceans cleaner. Please see the reference page (ref #5) at the end of this publication for a QR code to their webpage. Learn how you can make a difference keeping our food chain and the marine life healthy.

Conservation International is another global initiative that is helping to preserve nature and stabilize the climate. They largely take donations as a form of help, but there are other ways you can join in. Here's their About Us bio from their website. You can find the QR code to their webpage on the reference page at the end of this publication:

(ref #6) "Since 1987, Conservation International has worked to spotlight and secure the critical benefits that nature provides to humanity.

Combining fieldwork with innovations in science, policy and finance, we've helped protect more than 6 million square kilometers (2.3 million square miles) of land and sea across more than 70 countries.

Today, with offices in more than two dozen countries and a worldwide network of thousands of partners, our reach is truly global. But we couldn't have made it this far without you. Your contributions support our work to protect nature for the benefit of us all."

The Earthshot Prize is an initiative created by His Royal Highness of the UK, Prince William of Wales that is like a contest. It aims to reward people for their innovative ideas, inventions and efforts in fighting climate change. Have you come up with a really neat idea on how to reduce our carbon footprint? Do you have an idea of a new way to do something that doesn't pollute the Earth? Give these ideas a royal treatment! The Earthshot Team searches across the globe looking for the most creative and effective ideas that are working to help our climate. They award £1 million pounds to five finalists with the best ideas. The last awards ceremony for the Earthshot Prize was held in Boston, Massachusetts at the MGM Music Hall in December 2022.

There are other ways to get involved by subscribing to the Earthshot YouTube channel, signing up for an e-mail newsletter or follow them on Instagram. There is also a book of theirs called "Earthshot: How to Save Our Planet" that is available for purchase in educating yourself, or someone else, further on the subject. Find the QR code to the Earthshot Prize website in on our reference page (see ref #7) or visit www.earthshotprize.org.

HOW TO GET INVOLVED

Another well-known and long-running organization that has been helping America, and now other countries, is the *Keep America Beautiful* program. This program was founded in 1953 to help volunteers to pick-up trash alongside the road, in communities and in the wild to stop pollution. Since then, other countries have come up with similar programs. For example, if you do a internet search "Keep (insert your country name here) Beautiful" you'll probably find the website of the program in operation in your country. It works for Britain, Scotland, Canada, Ireland, Australia and India to name a few. It is an excellent way to get young adults involved and a group of friends.

Check with your local Government (town, city or county) and see if there are any environmental programs in which they need volunteers to help keep the streets clean, like the *Adopt-a-Highway* or *Adopt-a-road* programs. These are also a great way to make a difference right where you live.

These are some ideas to get you started and help you to see that recycling, upcycling, climate and environment conservation is a world-wide response to helping our planet. Ultimately it provides a better environment for us in keeping our physical selves healthy. Many plastics are contaminating our waters, thus contaminating our oceans, rivers and food supply chains. Micro plastics are contaminating even the rainwater. Ingesting plastics can cause cancer and other health issues.

By searching the web, one will find a plethora of information concerning microplastics. Here's an excerpt from a German-based research organization called Wasser 3.0:

(ref #8) "In the past six decades, we have produced more than 8.4 billion tons of plastics. Most of it has now ended up in landfills or directly in our natural environment. In fact, only 9% of the plastic used today is recycled.

Up to 12 million tons of plastic enter our oceans every year. This corresponds to one garbage truck per minute. Plastic waste on the streets can also get into the ocean via drainage networks or rivers: According to estimates, the world's major rivers transport up to 2.41 million tons of plastic into the sea each year, which corresponds to 100,000 garbage trucks.

Synthetic materials (polymers, microplastics or plastics) are one of the causes of our global environmental pollution. Floating plastic continents in several oceans, plastic bag-eating turtles, dead whales with plastic garbage stomachs are discoveries of the last few years that have received great media coverage and attention.

Microplastics were first detected in large numbers in the world's oceans in 2004. That made one thing very clear: plastic in the environment does not just go away. And not "only" with plastic, but also with microplastics, we are dealing with an environmental problem of enormous and global proportions. (Thompson et al., 2004)".

retrieved from: Microplastics - Wasser 3.0 (wasserdreinull.de)

The best thing you can do to help the planet and everyone including yourself, is to try and find a way not to purchase plastics. Some companies are offering alternatives, but many are not. But there are some things you can do like, purchase re-usable produce bags that are made out of cotton instead of using the plastic bags offered in grocery stores.

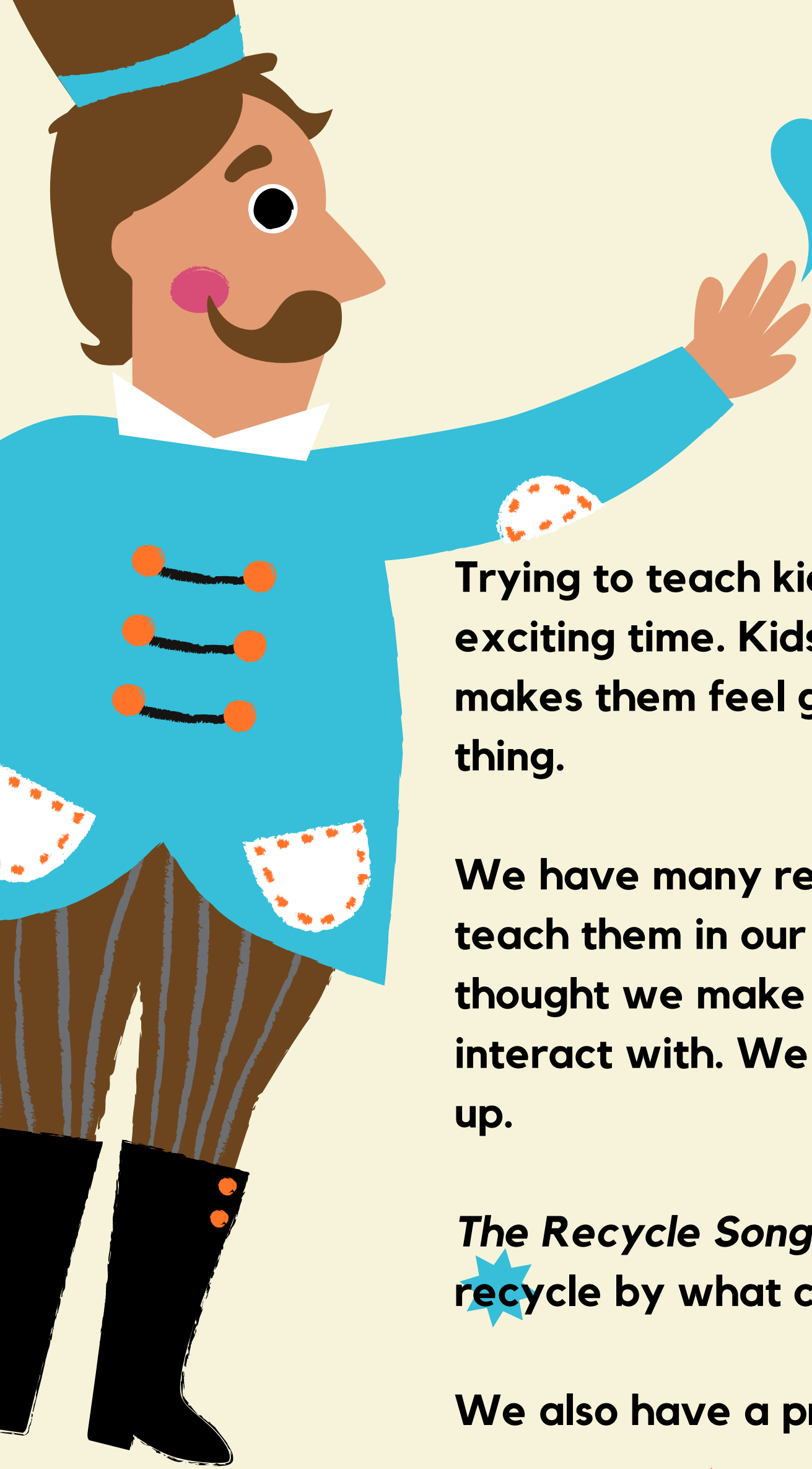
HOW TO GET INVOLVED

Speaking of food...that's one of America's biggest problem is food waste. Be sure that you don't contribute to the whopping 108 billion pounds of food wasted each year here in the United States (ref #9 feedingamerica.org). That equated to about 40% of all food in the U.S. just being trashed!

I recommend that you join the rest of us in this world concerned about pollution by starting your own compost pile for any leftover food. Not only can you make rich, organic fertilizer for your own use, you could also sell it if you happen to have a lot. This organic fertilizer works great in either container gardens or traditional in-the-ground gardens. Consider growing your own veggies using your own compost. It is a great way to cut costs in your budget and reduce your carbon footprint.

Now that you have an idea on how to become involved and how to cut costs, then you are needed to help spread the word and motivate people about pollution. This is one of the biggest problems in particular within the United States. Unmotivated people that just don't care. How can we help them understand? By making recycling, upcycling and combating pollution and climate change really cool and fun. Show people what you do, and on the next few pages of this book, use the resources to teach children on how to make a difference. Some say you can't teach old dogs new tricks, but I beg to differ. Our older folks in our communities like the idea of re-using and recycling to save money. They understand its benefits and are concerned for their health. It may be they don't have the convenience to do a lot. Help a neighbor that cannot lift, transport or afford items to make recycling and composting easier for them. By doing this we are loving our neighbors and truly working together in progressing to a healthier lifestyle and environment in which to live.





The Kids Corner

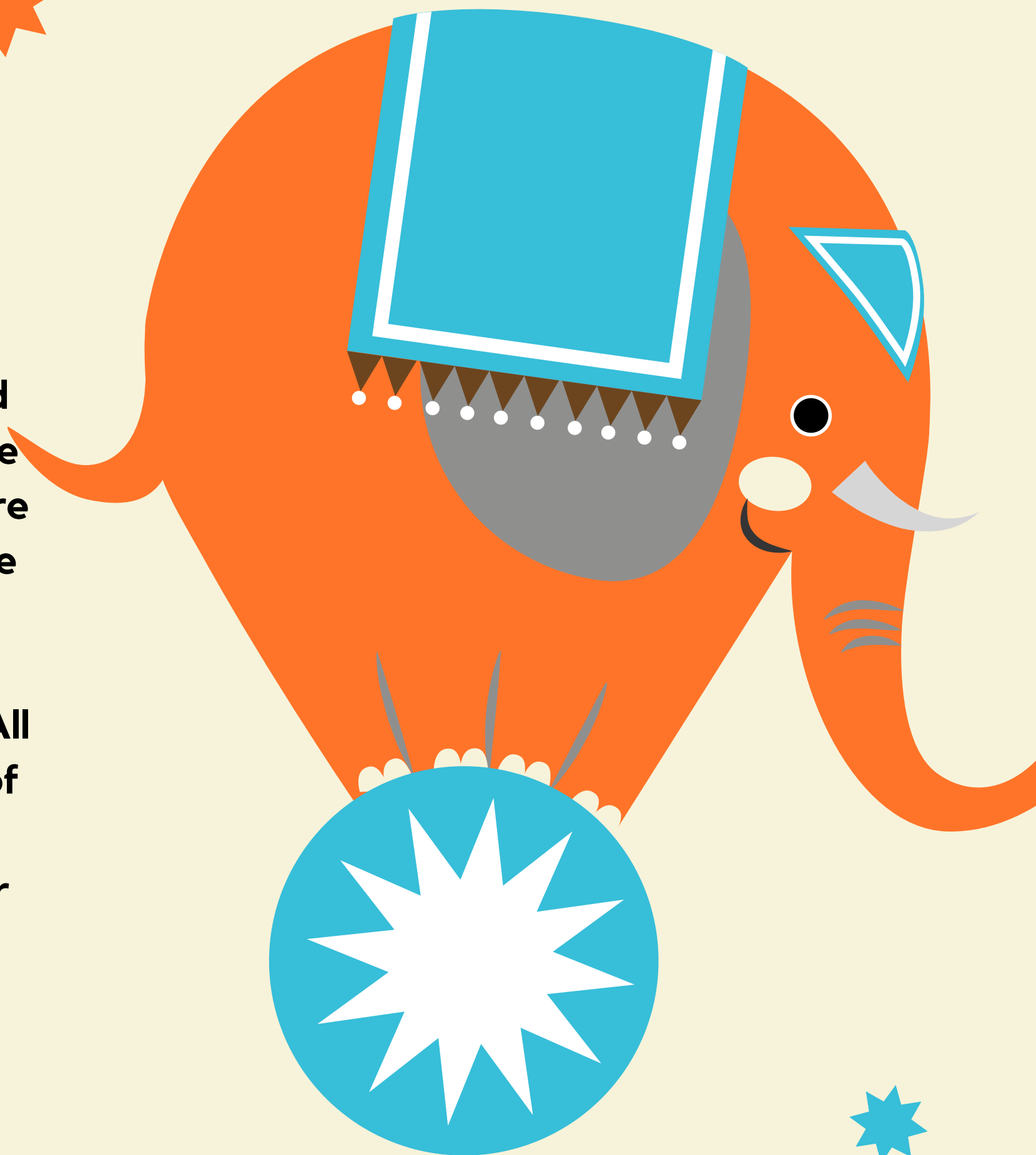
Trying to teach kids to become eco-friendly can be a fun and exciting time. Kids like helping out with important tasks. It makes them feel good that they are contributing to a good thing.

We have many re-use ideas that can be done with kids to teach them in our re-use section of this idea book. But we thought we make a kids section for adults to use with kids to interact with. We recommend this section for kids ages 6 & up.

The Recycle Song is something to help kids remember how to recycle by what can be recycled and where it goes.

We also have a project making a birdseed suet feeder.

Check out the word scramble, and some old-fashioned ideas to try like telephones out of tin cans. There are even stickers to print out! We hope this helps the young folks get excited about being a player in doing good for their communities. All pages in the Kid's Corner section of this eBook are permissible to reproduce or print out for home or classroom use.





The Recycle Song

Clear soda or water bottles or dish soap bottles with none
These are the first in line or recyclables called number 1

Milk jugs and pill bottles and kitty litter containers blue
These are the second in line or recyclables number 2

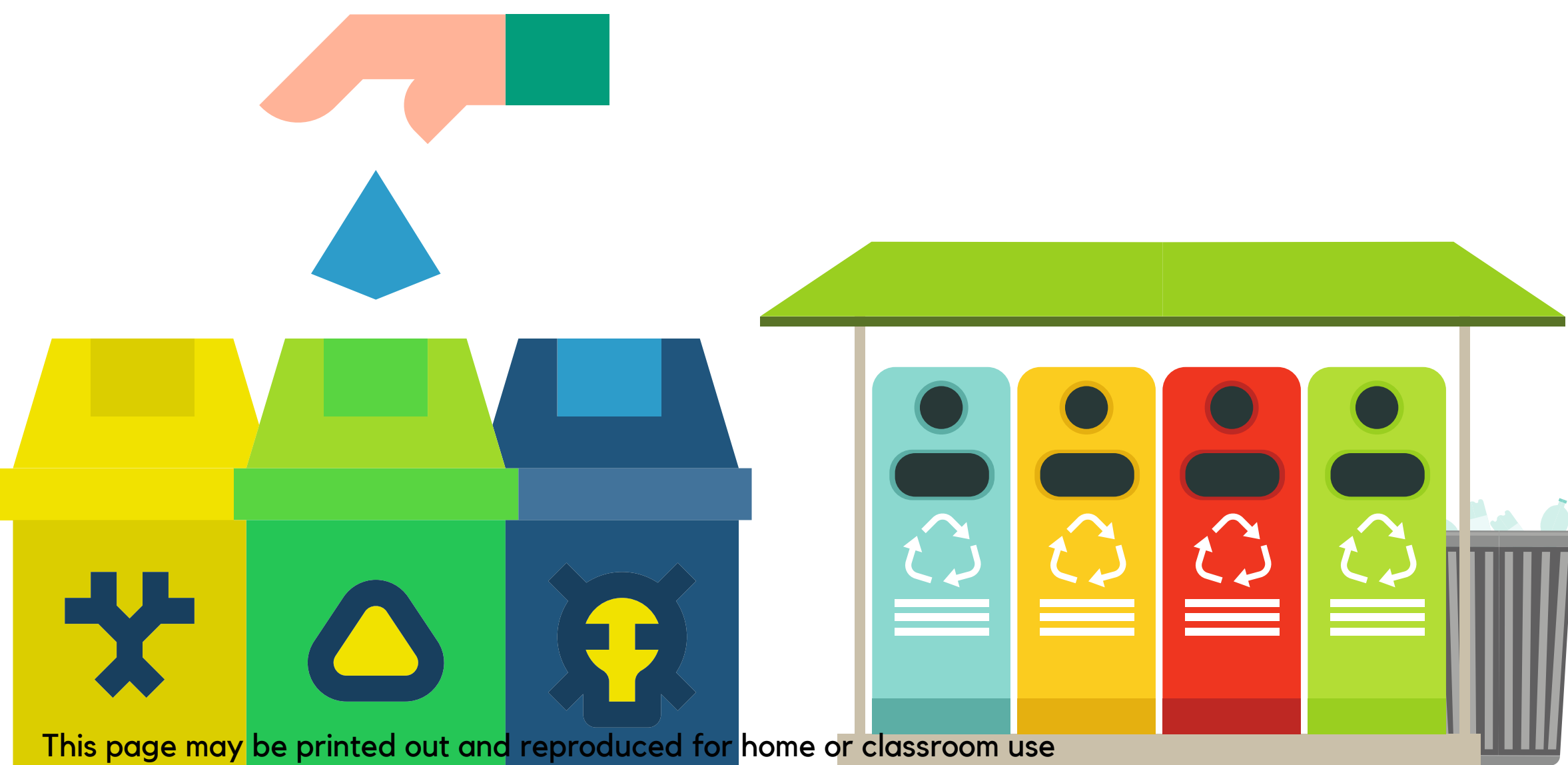
Three, four, five, six & seven and the rest are surely null
These are last in line or recyclables what we call cull

Aluminum, steel & tin cans washed out so good & clean
These are next ones as scrap metal keeping the Earth green

Glass come in colors like clear, green, brown and blue
Put all of them in the recycle bin even the broken glass too

Mixed paper must stay separate, and in a different bin
Be smart in proper sorting and the Earth will surely win!

Written by: R.E. Truesdell



MAKING A BIRDSEED SUET FEEDER



Remember to have an adult help you!

WHAT YOU WILL NEED:

- One old plastic square container 6x6 inches
- 1 cup suet or lard
- 1 cup creamy peanut butter
- 2 cups cornmeal
- 2 cups oat bran
- 1/3 cup sugar
- 1 cup unbleached all purpose flour
- 1 cup (overflowing) birdseed



Step 1: Combine lard and peanut butter into a saucepan. Start melting this on low heat. Meanwhile...

Step 2: Combine all dry ingredients in a large bowl. Mix well.



Step 3: Once lard and peanut butter are melted, add this mixture to the dry mixture. Mix well and then press into the square plastic mold. Freeze 2 hours before unmolding



Here is what it should look like. This suet feeder is for all birds. You can freeze this suet for 6 months. This recipe will make about 5-6 feeders. Each feeder should be about 2 inches thick.

Impress your friends & family and wrap these up as gifts! It's the perfect "tweet" for feathered friends!



Word Scramble

How smart are you? Can you crack the code unscrambling the words below?
We'll give you a hint: They all relate to reduce, re-use & recycle!



apper gab

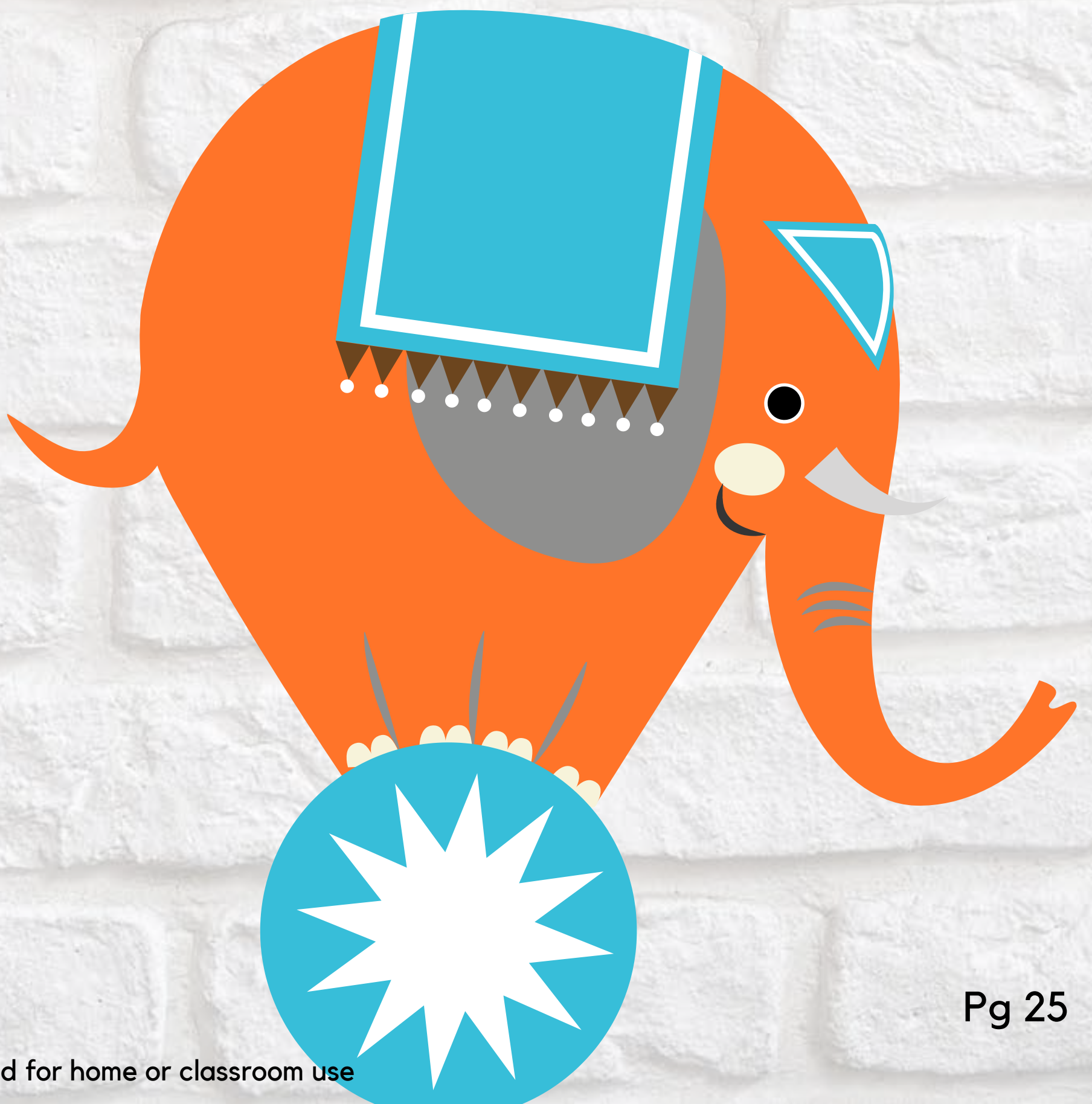
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Re-use and Recycle Ideas to have loads of fun!



READY TO MAKE A FORT?



How about a telephone? No one can hack this phone and you don't need electricity!

Have an adult help you gather up several large cardboard boxes. You can ask a grocery store or a furniture/appliance store. They will usually give them to you for free. They don't want them anymore after they get their stuff. So recycle them into something fun!

Have an adult save two or maybe four aluminum cans and help you find cotton string. Here's what you do:

Find a nice location around your house to set up your cardboard fort. You will need to cut out holes in the boxes for windows and doors. Maybe let your adult in the house do that. Also have some packing tape handy to tape boxes together. That way you can have secret rooms! There is no right or wrong way to set up your fort. Use your imagination!





Now set up your telephones. Cut a large, long line of string to stretch across your fort. Have an adult make a hole in the center on the bottoms of two cans. Then insert one end of the cotton string through one of the cans. Then insert the other end of the string into the other can. Now tie a knot at the ends of the string so it does not pull back through the holes in the cans. The knot should be inside the can.

How to work your telephones:

You have to pull the string as tight as you can. Then one person has to hold their can to their ear while the other person talks into their can on the other end. You can hear each other!



This is some of the best hours spent with family or friends. You can pretend whatever you want to in your new fort and telephone system!

Happy days with fun ways to play!

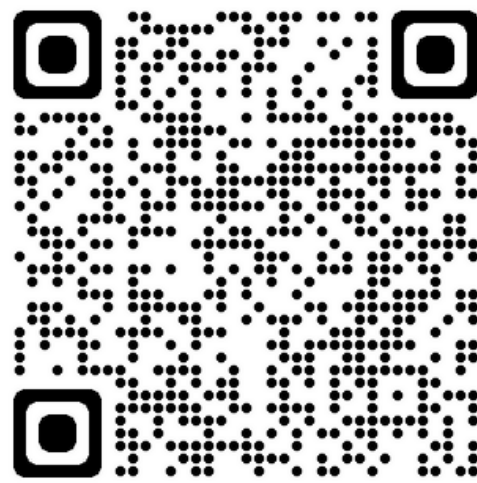
PRINTABLE STICKERS

INSTRUCTIONS

Who doesn't like a sticker? The following page is a full-size page that can be printed upon a sheet of sticker paper that can be purchased online or from stores that carry it. Sticker paper is paper suited for your printer that has a sticky backing, but the front can bear any design your printer prints on it.

We've teamed up with R and R Sticker Company from Etsy.com and made recycle and Save the Earth stickers for both adults and children to print out and enjoy.

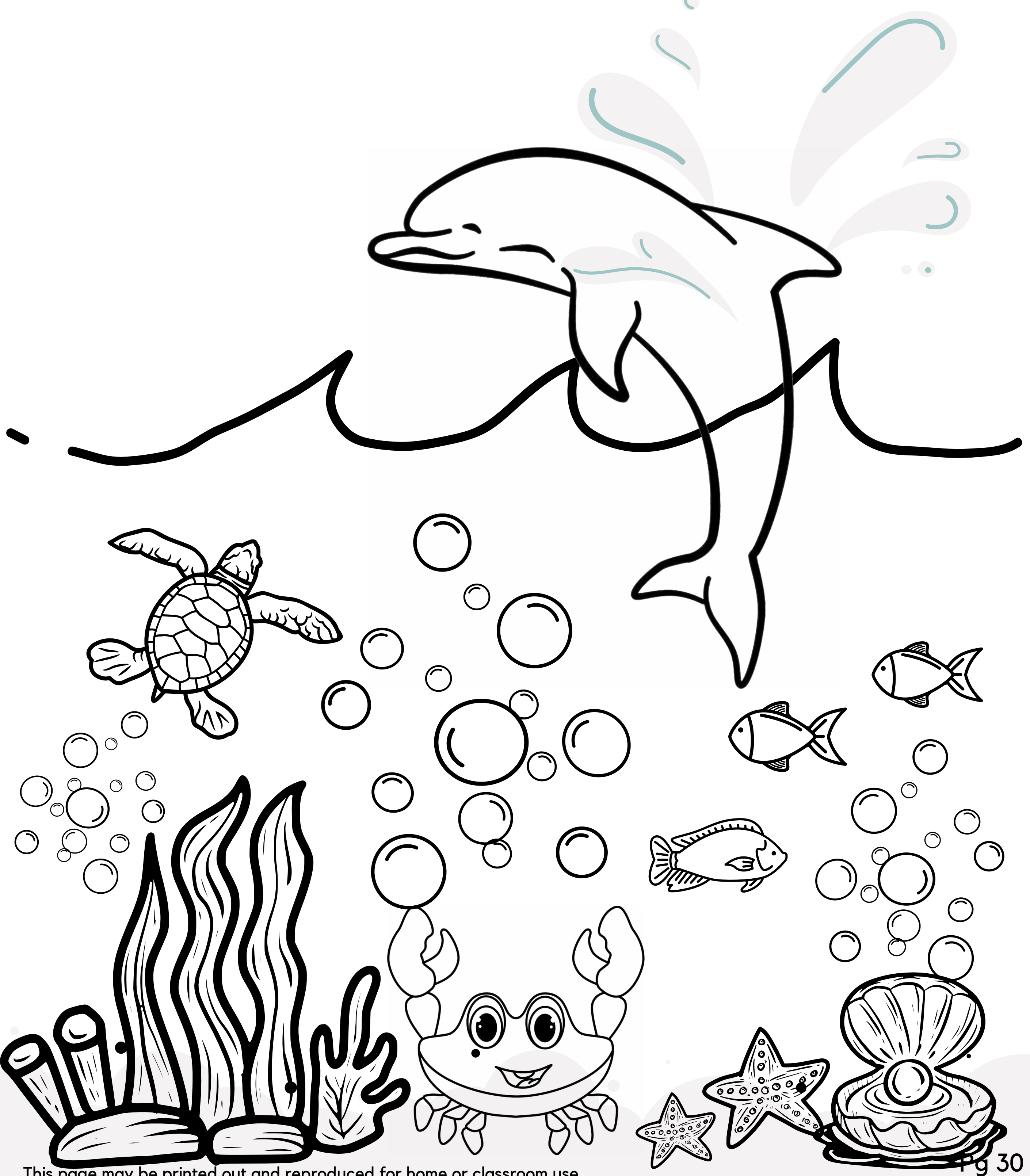
Like the designs? Visit the R and R Sticker Company on Etsy by following the QR code. There are vintage stickers from the 1980s, 1990s and 2000s. R and R Sticker Co also creates their own stickers.



There are a few types of stickers to enjoy. There are 18 square stickers of a normal size. There are four larger stickers as well as the large notebook stickers to put on journals, notebooks or even make a card out of it! Enjoy!



Save the Planet





REFERENCES

#1 Behm, Jon 9/7/2022 *All The US Recycling Facts You Need To Know*, See the Latest U.S. Recycling Facts and Statistics | Dumpsters.com



#2 "*Don't Throw it Out*" Rodale Press 2007, Baird, Lori & the Editors of Yankee Magazine

#3 "*Grandmother's Kitchen Wisdom*" Northstar Publishing Company 1995, Bader, Dr. Myles H.

#4 Skateboard upcycling www.recycledskateboardgifts.com

#5 Trash Free Seas: International Coastal Cleanup® - Ocean Conservancy



#6 Conservation International



#7 The Earthshot Prize: Urgent Optimism & Action to Repair the Planet



#8 Microplastics - Wasser 3.0 (wasserdreinull.de)



#9 Food Waste in America | Feeding America





ABOUT THE AUTHORS

R. Elizabeth Truesdell writes in her free time and is the manager of TNT Recycle's Facebook page and group. She is fascinated with the world's effort on living sustainably and enjoys living eco-friendly herself.

R. Elizabeth Truesdell lives in the Western North Carolina Mountains with her Husband of 29 years (Raymond W. Truesdell) and her four children and grandchild. She enjoys the great outdoors, gardening, reading and collecting vintage stickers. She has a bachelor's degree and enjoys furthering her education on her own through her large library of over 5,000 books. She also spends time with her 5 cats and one dog. She has a love for hockey, American soccer and she enjoys long walks.

Raymond W. Truesdell is the founder and CEO of TNT Recycle, Inc that operates out of Franklin, North Carolina. He started the business in November 2019 out of realization the area had no recycle pick-up service and was tired of a desk job. The business expands over two counties offering services to both residential and businesses. Raymond is passionate about making recycling easier in hopes of attracting more people to recycle. He works alongside his son Matthew in making this possible.

He is married to R. Elizabeth Truesdell and lives in the Western North Carolina Mountains with his four children and grandchild. He enjoys reading, writing in his free time and occasionally teaches Wednesday night adult bible classes at church. Raymond also has a passion for hockey and baseball. He enjoys long walks with his wife when the busy work life slows down.

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Lifestyles of The Richly Eco-Friendly 2022