



**Change your clothes
Change the world**



**SAN FRANCISCO'S
ZERO WASTE TEXTILE
INITIATIVE**



**FIGHTING TO STAMP
OUT HUNGER IN
OAKLAND**



**FOOD FOR
KNOWLEDGE-**

RECYCLE FOR CHANGE NEWSLETTER



Securing a Healthy and Prosperous Future for All

In the past hundred years, our ability as human beings to save, prolong and enhance life has increased tremendously. We now have the knowledge and capacity to eliminate some of the calamities that cause suffering for a large part of the world's population, especially in developing countries. Problems such as hunger, illiteracy, lack of clean drinking water, lack of education, the AIDS pandemic and environmental destruction are being confronted. We have an obligation to use this capacity to bring acceptable living conditions and basic human rights to all people in the developed AND the developing world.

Recycle for Change was started on the idea that it not only makes sense to transfer economic and human capital from our part of the world to people and countries in need, it is also the right thing to do.

**We do not just care.
We experience a
world of wars and
misery for The Poor,
but we also find many
promising signs of
humanity on the
move for the sake of a
better future for all.**

Why should we throw perfectly good clothes out to rot in landfills when, on the other side of the world, there are people wearing only rags? Why should we not contribute to others with our knowledge, when that can truly improve the lives of so many?

Most of us realize that we have a great deal of excess and a genuine problem with waste. With 5% of the world population, our society produces 40% of the world's waste.

Today, Global Warming is an accepted fact. People worldwide are feeling the real cost of feeding a growing planet and are facing the stark reality that oil and natural gas resources are limited.

Humanity's perspective on recycling has also greatly changed in the past decade. Not long ago, second-hand clothing was only for those who could not afford to buy new clothes. But now an overwhelming growth in consumerism has resulted in people throwing out much more clothing - often before it is worn out. It goes against our sense of logic and morality to see items being discarded when they still have value. Thus we have seen an impressive growth in clothing recycling as more and more people are actively seeking to buy second hand clothing.

With those ideas in mind, Recycle for Change works to mobilize people and resources to support important sustainable development in the poorest parts of the world, and at the same time to preserve our planet's resources through the promotion of textile recycling.

We provide an opportunity for people to drop off their surplus clothing to be re-used, through collection boxes placed at publicly accessible locations throughout California. The clothing is collected, packed and sold, generating money for the training of volunteers who take part in sustainable development work in Africa and South America.

At Recycle for Change we believe that in order to secure a healthy and prosperous future for all people, we must protect and preserve our planet's natural resources and foster cooperation across cultures.

San Francisco's Zero Waste Textile Initiative

In 2014, Mayor Ed Lee made the recycling of textiles a high priority in order to achieve the city's Zero Waste by 2020 goal. Every hour 4,500 pounds of textiles are sent to the landfill. That means a whopping 39 million pounds of textiles are sent to the landfill each year in San Francisco alone. That is enough to fill about 1,500 Muni buses.

Join us in the fight





The Zero Waste Textile Initiative was launched specifically to tackle this problem. In an effort to provide convenient textile recycling locations for all residents San Francisco has teamed up with local businesses, big and small, and local non-profits like Recycle for Change.

The collection of textiles through municipal waste programs is difficult and costly. While the lifecycle of textiles is different from your typical “recyclable” materials like aluminum, glass and plastic, the material is just as recyclable and even has the same carbon footprint as glass. But they can’t go in a curbside recycling program, because that would render them useless due to the contamination that would occur. That is where programs like ours step in. We provide a self-subsidized collection program that pulls these resources from the waste stream, ensuring they get a second life, whether it’s as a second-hand article of clothing, a wiping cloth for the automotive industry or insulation for the building industry. The success of our program relies on the partnership with our site hosts. These business owners and individuals provide a greater good for both the environment and their community. By providing a location for our boxes, they allow residents access to a convenient drop off locations.

Residents have proven, if you provide it, they will use it! At our most utilized box in San Francisco, FTI Arco Gas Station at 1200 Geneva Avenue, we collected 76,549 pounds of clothing in 2014 alone. Residents utilized this box so frequently that halfway through the year we had to add an additional box just to keep up with the demand. This is just one of the many success stories of our drop off locations throughout San Francisco. At present, we have over 30 different locations throughout the city.



In addition to local businesses, through our partnership with SF Environment, we have been working to increase textile recycling access to residents of multi-family housing. In 2014 we provided textile recycling to 9 different complexes and have further expanded that number in 2015.

We are very excited about the attention that the SF Zero Waste Textile Initiative is bringing to the problem of textile waste. Through our collection program in San Francisco alone, we were able to save over 500,000 pounds of textiles from the landfill in 2014. We hope that with increased outreach and education, coupled with the addition of new sites, we can double that number by 2020. If you are interested in getting involved by becoming a site host, please email us at alex@recycleforchange.org.

Fighting to Stamp Out Hunger in Oakland

Out of the trunk of her car, that is where the idea of the East Oakland Education Fund got its humble beginnings. Over ten years ago, Sister Alice Muhammad, an Oakland resident who was recovering from a work injury at the time, was looking for something to occupy her time. She began by accompanying her husband Lonnie Scoggins Jr on his trips to a local ministry to help with food deliveries. As time went on she gained an deeper interest in serving her community



and she began to forge relationships and collect surplus baked goods on her own, loading them into the trunk of her car and delivering them to a local park to hand out to the local homeless population. She remembers thinking, “it just hurt me that we don’t care enough. You know, it’s a thin line between have and have not and we have to remember that.”



Fast forward to today, Sister Alice and her team of volunteers distributes food bags and other necessities to **over 300** hungry East Oakland residents *EVERY Saturday*, rain or shine. This is her passion and running the organization is akin full-time job and she hopes to be doing it for as long as is physically able. “I want to be with the people. Feel what they feel and intermingle with them. I want them to know that we are here.”

Sister Alice masterfully organizes all of the details, she is constantly on the phone, coordinating pickups, deliveries, preparing bags of food and keeping the small space that she occupies at Rainbow Recreation Center on International Blvd. clean and tightly organized. Working with businesses that have food that would otherwise go to waste, she has the logistics down and makes sure that if her non-profit doesn’t have that specific need, she finds another local non-profit that does, so that one way or another, the food makes its way to the hands of those that need it most. Her efforts not only feed those in need, but are also the epitome of Zero Waste at work.

Recycle for Change has been fortunate to be able to support Sister Alice with both donations and volunteer time over the past 6 years. Our partnership with Sister Alice began back in 2009. At the time, we had international volunteers residing in California and we sent teams to help at the center every Friday. These volunteers, serving from March 2009 to April 2010, assisted in cleaning, packing and distributing food to underserved families in Oakland. During that time there were 34 participants from many different corners of the world. After the volunteers returned to do their volunteer work in Africa, Central America and Brazil we knew we had to continue supporting Sister Alice’s great work and the partnership with Recycle for Change evolved and has continued, becoming stronger over the years. To this day we deliver all of the non-perishable food items that have been placed into our collection boxes to Sister Alice so they can be distributed to those in need.

Sister Alice: “These canned goods are particularly important to our program. While many families receive the food bags we hand out, most of those items require a kitchen with which to prepare those meal items, however, there are many that are both hungry AND without shelter. For these individuals, pre-prepared meals in cans are their only sustenance. These canned items can be opened, heated and eaten directly out of the can. For many, this is the only way to get a hot and nutritious meal. Without Recycle for Change, we would not be able to provide these items and these homeless individuals would be greatly underserved and would be forced to go without food.”

We at Recycle for Change are proud to be a part of Sister Alice’s efforts to stamp out hunger. If you are interested in getting involved or finding out a way that you can join the fight please email us at alex@recycleforchange.org.



Environmental Education at Work

We believe that igniting a passion for the environment in students at a young age is the key to protecting our planet for generations to come. That is why we actively participate in community efforts to inspire the next generation to take up the cause of fighting climate change.



In 2014 we were proud to serve as a Community Partner for the Marin School of Environmental Leadership. “The School of Environmental Leadership combines traditional coursework with inquiry-based projects in environmental stewardship. In this way, students are able to use what they learn to benefit their community.” We had the privilege to work with a group of six sophomores guiding them in a semester long project that focused on textile recycling. Other



student groups tackled various topics which included watershed protection, a campaign end plastic water bottle use on campus, the installation of a native plant garden and a project that promoted awareness of public transportation and encouraged students to get excited about using the bus system through a contest called the “Amazing Race”. Our team in the textile group worked on raising awareness for textile recycling. They created a Facebook page and held a textile recycling drive. They also took a field trip to our facility in Richmond to learn more about how materials are handled and to see just how much people can recycle if they're given the opportunity. At the end of the semester the students came together to present what they had learned to their

peers. It was inspiring to see the work that the students had done in such a short time and we hope to be a partner again in the future. If you would like to learn more about this program you can visit www.thesel.org.

Illiana's Daily Life in Sitio, Brazil

BY HARI - ONE WORLD CENTER VOLUNTEER

Illiana is 12 years old and lives in a small community named Sitio in Brazil. She is shy, has deep, beautiful eyes and brown hair. She has eight siblings and she is the 5th of them. Every day she wakes up at 6 a.m. to go to school in Quijingue a 40 minutes by bus commute. She studies until 11:45 a.m and after school, she doesn't go out to play, she stays to take care of her siblings and mother.

If you recall your childhood, you might have gone out to be with your friends. But in this rural community, Illiana's reality is not uncommon. Every day she helps her mother to clean the house, do the laundry and take care of her two younger brothers. Some of her elder brothers are already married and two of them are working in Sao Paulo, a city over 1,800 miles away, because there are not enough job opportunities in her community. Her 17 year old sister works part time at a restaurant in Quijingue. Illiana also has a part time job on the weekends, helping her neighbor bake bread for sale, even though she is only 12 years old; That way she does not need to ask her parents for pocket money.

In my point of view, she is a nice and mature girl, who seems a lot more mature than her age. She is young, but she never complains about her situation; and she always looks happy. She is very different

from when I was 12 years old. One day, I asked her whether she wants to get married early or not., since teenage marriage is common in this area of Brazil. But she told me she prefers work to getting married, and she wants to go to college. However, her family doesn't have enough money to pay the tuition, so she just wants to earn a lot of money to travel with her family. When she said her wishes, I thought, what I can do for her? I decided to give her various experiences to make her dream come true. I told her about my story and my country, South Korea. Even though 4 months is too short to do something big in this country, I wanted to encourage her and the other kids in my club to dream about better lives.

I noticed some small changes among the children in our community. Some children talked to us in English, some wondered about other countries, and some performed some science experiments which I taught them in their home. I realized volunteering is not a big or difficult thing. It is about spending time and talking with people; it is about sharing our knowledge and in many small ways helping them change their lives This is the starting point to changing the world we live in. You can also be a poverty fighter anytime, anywhere.

Water Situation in the World

BY MIKE DAY

Where I'm sitting, I'm quite lucky. Access to clean, piped, water. Water to flush the toilet. In cities around, people use water on their gardens (even when it's about to rain).

Much of the world isn't so lucky.

- 768 million people lack access to safe water.
- 40 billion hours a year are used by people (mainly women) to carry water from a water-source!
- 2,300 people die a day (just over 1 a minute), because of diarrhea from unsafe water, poor sanitation, and poor hand hygiene.
- Over 840,000 people die of water-borne diseases a year (more than the population of San Francisco).



And in the US, we use around 1200 million gallons of clean water to flush our toilets every day!

India is not particularly dry. However millions there lack access to safe water because of poor water management, government corruption, and pollution from industrial or human waste.

The water table there is dropping by 40 cm a year.



And climate change is reducing water security. As it causes the glaciers in the Himalayas and Tibetan Plateau to melt initially there is flooding. The meltwater from these glaciers feeds the Indian rivers – most of the water in the Ganges comes from snow-fed rivers – so no glacier melt water, no Ganges. Imagine the consequence of that!

Investing in water supply worldwide is smart. \$1 invested in water supply yield \$4 to \$12 in health savings, as people avoid sickness from contaminated water.

Also switching from a meat-based diet to a plant-based/vegetable-based diet would save large amounts of water, because the production of 1 kg of beef uses around 15,000 liters of water. So a McDonald's quarter pounder needs around 2,000 liters of water to be produced. Chicken production needs only 4000 liters per kg; and to produce an egg takes only 200 liters.

We need to consider some life changes...

Food for Knowledge - Mozambique

BY CINDY - ONE WORLD CENTER VOLUNTEER

I am in Manhica , district of Maputo, Mozambique, working in the project Food for Knowledge. We are finishing our first month and now we have a good overview of the project and what our role in it is.

The project has come to life with an intention to intervene in the relation between malnutrition and school performance. We provide a fortified corn/soy meal to over 600,000 school children in Mozambique. The project takes a holistic approach to the problem by also addressing infrastructural problems such as access to clean water and learning after school support.

The project has 5 components: Literacy, Logistics, Water & Sanitation, Construction & Gardens. Every component require a constant stream of new ideas in order to constantly improve and achieve our goals.

During our 6 months here we will gradually work with each of the 5 components of the program in order to systematically improve the projects outcome.

We are currently working with the Literacy and logistic components.

The literacy component focuses on aiding the children in their learning process. It creates after school clubs, where students can work to catch up on their reading skills. Supplementary reading materials are provided and the goal is to have the children become fluent readers by the end of grade three.



The logistics focuses on making the transportation of the soy to the schools as efficient as possible. This component also ensures that the schools receive the soy on time and ensures that the monthly physical inventory counts at the schools are accurate and performed on time.

The project is well run and is very fast paced, so we need to move quickly. As Development Instructors we are always ready to work at any place the project needs us and we look forward to the coming months in the project.



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RECYCLE FOR CHANGE NEWSLETTER

Since 2000, Recycle for Change has been dedicated to helping those most affected by global climate change and poverty worldwide.

Recycle for Change has had an established textile recycling program for over 13 years now. What is great about the program is that it is self-subsidized. It costs the taxpayer nothing and the income generated from the collection of the used clothes and shoes donations funds the collection program in over 11 counties. This program not only keeps textiles out of the landfills providing residents with an easy, accessible and convenient method of recycling, it saves the already resource strapped cities and counties from having to create the infrastructure to develop their own collection program.

Our clothing collection boxes help save resources and lessen environmental impacts by reducing waste. The benefit of our boxes goes beyond the environmental one, the proceeds generated by the sale of used clothing funds three other non-profit organizations with programs aimed at mobilizing and supporting communities to take up the fight against poverty.

Recycle for Change's mission is to fight worldwide poverty, to empower ordinary people to do the same, to reduce carbon emissions and create a sustainable future for all. Recycle for Change recognizes that the earth's resources are finite and that preserving these resources is crucial to the well being of future generations.

Recycle for Change is a Public Charity as defined under section 501(c)(3) of the internal revenue code. Qualified donations to Recycle for Change are tax deductible.

Federal Tax ID # 94-3371033

For more information visit: www.recycleforchange.org

