

Annunciation Catholic Church
1020 Montgomery Rd Altamonte Springs, Florida
The Peace & Justice Committee

***A Practical Guide to Recycling
in Your Home***
~ The Domestic Church ~

**SAVE THIS
FLIER & LEARN...**

- Recycling Tips from Seminole & Orange Counties
- On-line resources for YOU to save Mother Earth
- Practical tips to “Go Green At Home!”
- **Make everyday... Earth Day**

The Catholic Climate Covenant
*The St Francis Pledge to Care
for Creation and the Poor*

- Pray on the duty to care for Gods creation & the poor.
- Learn about the moral dimensions of climate change.
- Access your contribution to climate change.
- See – Judge – Act to make changes.
- Advocate Catholic principles in climate change.

www.catholicsandclimatechange.org

***To care for the earth is to share with God
the act of Creation***

Modern Society will find no solution to the ecological problem unless it takes a serious look at its lifestyle. In many parts of the world society is given to instant gratification and consumerism while remaining indifferent to the damage, which these attitudes cause. Simplicity, moderation and discipline, as well as a spirit of sacrifice, must become part of everyday life, lest all suffer the negative consequences of the carless habits of a few.

- Pope John Paul II, Call for Ecological Conversion, 2001

Pope Benedict XVI will focus on the connection between protecting the environment and working for peace in the message he will publish for World Peace Day in 2010. The papal message will underline the fact that protecting the natural environment is a challenge all people must face together, recognizing they have an obligation to respect a gift God created for all.

Vatican News Service

Some Practical Tips to GO GREEN AT HOME!
“ WASTE NOT – WANT NOT ! ”
MAKE EVERY DAY “EARTH DAY”

- Use Energy Star CFL – Compact Fluorescent Bulbs! CFL bulbs can last up to ten times longer than a normal incandescent light.
- Of all the household appliances - the clothes dryer consumes the most energy... 2 or 3 times as much power as a washing machine. Hang up your clothes when possible – it’s free.
- Buy concentrated environmentally friendly dishwashing liquid and dish washing machine products.
- Buy Justice Clothing – with an eye toward local sustainability and guaranteed rights for workers. <http://www.justiceclothing.com/thereis/justice/>
- Learn the specifics of what makes products “Fair Trade.” Buy where available. Download “Green America’s guide to Fair Trade” for a definition of “Fair Trade” and a list of organizations that follow these specifications. <http://www.greenamericatoday.org>
- Give a Waste Free Gift: movie, concert, sports, cooking or some of your time.
- Do not pour food oils down the sink. Always discard oil into your garbage. It can be discarded with other non-recyclable garbage.
- Plant a garden and start a Compost Heap and use it for your garden.
- Replace meat protein with vegetable protein.
- Pick Up ONE Piece of garbage a day!
- To decrease your energy bill – Progress Energy advises to keep your air conditioning thermostat set between 78 – 80 degrees.
- Save energy at the stove by cooking with lids on the pots... reducing the energy by 20 – 30%.
- Take time to walk among nature – let Mother Nature’s heart speak to yours.
- Invest in renewable Green Energy if available.
- Unplug appliances like the coffee machine when not in use.
- Use a sponge or cloth towel whenever possible – limit paper towels.
- 2009 & 2010 are Tax Credit advantageous years to do an energy audit on your home, as the investments into energy efficiency will be tax deductible.
- Buy Local Food - There is a movement in place to eat and buy locally from farmer’s co-ops within a 100-mile radius of where you live. Visit your local farmer’s market and ask questions about how they grow their crops. See website listing on page 3.
- Recycle the Corks from your empty wine bottles. Take them to your nearest ABC Fine Wine & Spirits store. <http://www.abcfws.com#corks>
- Recycle Empty Print Cartridges <http://www.tonerbuyer.com/mylist.html>
- Recycle old computers, cell phones, and empty ink-jet/laser cartridges: <http://www.handsonrecycling.com/schoolinfo.asp>.
- Recycle Your Plastic caps with **AVEDA**. They pay UPS to pick up your plastic caps. Register and get all the details with “Aveda Caps Recycling” Program <http://aveda.aveda.com/aboutaveda/caps.asp> capcollection@aveda.com

**DEVELOP A MINDSET ABOUT RECYCLING
AND ECO-FRIENDLY LIVING AS GOOD STEWARDS**

Brochure design & content by Tom Hackim www.hackimflorida.com

W e b s i t e s R e s o u r c e s

Buy Local & Organic Food, Energy Efficiency, Environmental News, Fair Trade, Climate Change, Clean-Up Central Florida, Volunteering & Reducing Poverty & Hunger, Peace & Justice

<http://www.localharvest.org/> - Listing of Farmers Markets and grass-fed meat products and other sources of sustainably grown foods.

<http://www.eatwellguide.org> - A directory of online outlets of wholesome food from healthy animals.

<http://www.stilltasty.com> - the ultimate shelf life guide: Save \$, eat better & help the environment.

<http://www.westonaprice.org> - Promotes wise traditions in food, farming and healing arts, and to restore nutrient dense traditional foods to the human diet through education, research, and activism.

<http://www.eco-action.net> - Help clean up greater Central Florida's stream, rivers, parks, lakes and beaches while having fun.

<http://www.grist.org> - Grist Magazine – environmental news and commentary.

<http://www.usccb.org/sdwp/ejp/climate> - USCCB document on Climate Change authored by Bishop Wenski.

<http://www.crsfairtrade.org/> – Catholic Relief Services Fair Trade guide and resources.

<http://www.organicconsumers.org> - Campaigning for health, justice, sustainability, peace and democracy.

<http://www.usda.gov/wps/portal/usdahome> - US Dept of Agriculture – “Know your Farmer – Know your Food” program - with others topics of interest.

<http://www.un.org/millenniumgoals/> - United Nations Millennium Development Goals to end poverty and hunger by 2015.

<http://www.foodforthe poor.org/> - Food for the Poor – Serving the poorest of the poor. The # 1 international relief and development charity in the US feeding 2 million poor every day

<http://earth911.com/> - Making every day earth day! Find recycling centers near you and learn more about how to recycle almost anything. Find out if your Post Office has a Lobby Recycling program.

VOLUNTEER your Time: “Follow Me” – A Social Justice Volunteer Project w/ of 50 agencies that you. www.churchofannunciation.org Click on LINKS on church website (located on Left Side of home page) Scroll down and click on “Follow Me”

ENVIRONMENTAL & FINANCIAL STEWARDSHIP WITH ENERGY EFFICIENCY ~ E N E R G Y S T A R TM

Sponsored by the US Environmental Protection Agency & US Dept of Energy

www.EnergyStar.gov/homeimprovement - Home guide for energy efficiency

www.EnergyStar.gov/smallbiz - Small Businesses guide for energy efficiency

www.EnergyStar.gov/yardstick - Energy “yardstick” of your home & others

www.EnergyStar.gov/rebate - Replacing your appliance or insulation?

www.EnergyStar.gov/publications - Download & order brochures, posters etc.

www.EnergyStar.gov/kids - Resources for kids, parents and teachers

www.nrel.gov - See the latest renewable energy innovations.

YOU CAN RECYCLE THIS!

Seminole County Customer Service Helpline: 407-665-2260

Seminole County Website: www.seminolecounty.gov/envsrvs/solidwaste

Orange County Solid Waste Hotline 407-836-6601

Orange County Website: www.ocfl.net/utilities/

SEMINOLE COUNTY - CURBSIDE – BIN # 1

Flattened pasteboard/cardboard boxes: cereal, gift, tissue, beer, soda, frozen food, etc, empty paper towel & toilet paper rolls, brown paper grocery bags, newspapers, supplements, catalogues, magazines, telephone books, corrugated cardboard cut to fit in bin (or flattened and cut down to 3 ft X 3 ft and bundled together.)

ORANGE COUNTY – CURBSIDE – ORANGE BIN

Includes all the recyclables above as listed for Seminole County.

SEMINOLE COUNTY CURBSIDE – BIN # 2

ALL Plastic Containers # 1 through # 7, ALL glass bottles, (**remove all lids and put in your trash**) aluminum & steel cans, tin household containers, and empty aerosol cans.

ORANGE COUNTY – CURBSIDE – GREEN BIN

Plastic containers # 1 & # 2 and Plastic Bottles # 3 through # 7 with a neck. ALL glass bottles (**remove all lids and put in your trash**), aluminum & steel cans, tin household containers, and empty aerosol cans. PLUS drink boxes and milk/juice cartons.

Seminole & Orange County - Everyday Common Household Hazardous

Waste (HHW) materials include: Anti-Freeze, car batteries, compact fluorescent lights, HOUSEHOLD ELECTRONICS (Including computer components, printers, keyboards & mice, VCR's, televisions), fluorescent light tubes, gasoline and cans (up to 5 gallons for Seminole) glues, insecticides, lawn fertilizers, mercury-containing devices, paints and paint thinner, poisons, pool chemicals, propane tanks, rechargeable batteries, strippers and solvents, thermostats & thermometers (mercury containing devices), transmission fluids and used motor oil.

Household Hazardous Waste (HHW) may be taken to:

SEMINOLE CENTRAL TRANSFER ST: 1950 State Road 419 Longwood Fl, 32750

Monday – Saturday 7:30 AM to 5:30 PM FREE HHW DROP OFF

The Central Transfer Station limits disposal to 4 tires per person at \$1.00 per tire.

ORANGE COUNTY LANDFILL: 5901 Young Pine Rd Orlando, FL

Sunday - Saturday 8:00 AM to 5 PM FREE HHW DROP OFF

Includes all of the above Common Household Hazardous Waste – However, No limit on the size of gasoline cans, but propane tanks limited to 100 pounds.

DO NOT RECYCLE the following items:

- Do not recycle plastic and glass Container Lids
- Do not recycle junk mail and envelopes with glue that seal the envelope
- Do not recycle Non-rechargeable everyday Alkaline Batteries – they can go in the trash.
- Do not recycle aluminum foil, pie plates and aluminum metal pans.
- Do not recycle Glass drink ware. It is considered regular household garbage.

DO RECYCLE the following items:

- Plastic bags, egg cartons, foam cups & trays can be recycled at Publix.
- **SHARPS** – such as: needles, syringes, lancets used for self injection or blood test can be dropped off at a Seminole & Orange County Fire stations These items need to be disposed of in a sharps container, and a new container can be picked up at the Fire station. Please contact the Fire Stations for available drop off times. Do not leave container unattended!