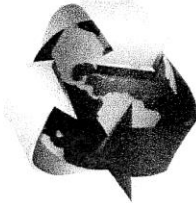




Nutrition Highlights

Reduce, Reuse, and Recycle

At HealthBarn USA, located at Abma's Farm in Wyckoff, NJ, recycling (and composting!) is one of our 7 Healthy Habits. Although it's important to take care of our bodies, it's equally important to take care of our planet so that future generations can enjoy it as well. Recycling and reducing our consumption is a healthy habit for our bodies, too! Choosing whole foods often reduces wasteful packaging, and their waste can be composted to create nutrient dense soil to grow more fruits and vegetables!



WHAT SHOULD I RECYCLE?

Exactly what you can put out for curbside recycling varies by town. In NJ, the following items are typically collected:

- Plastics #1 - #7
- Green, clear and brown glass
- Aluminum beverage containers
- Steel cans
- Paper and newsprint
- Corrugated cardboard
- Single-ply cardboard
- Wax-coated paper cartons
- Brown paper bags

Visit www.recyclingnj.com to find out your pickup day(s) and exactly which items your town accepts!

Can I Recycle THAT?

Many household items are recyclable, but can't be put out for curbside pickup. Visit www.earth911.com to find a location near you that recycles:

- | | |
|--------------------------|----------------|
| ✓ Tires | ✓ CDs and DVDs |
| ✓ Motor oil | ✓ Toys |
| ✓ Light bulbs | ✓ Cooking oil |
| ✓ Construction materials | ✓ Clothing |
| ✓ Cell phones | ✓ Furniture |
| ✓ Computers | ✓ Mattresses |
| ✓ TVs | ✓ Aerosol cans |
| | ✓ Paint |

Before you BUY it...Think about ways to REDUCE your waste!

- Instead of buying individual yogurt containers, try buying a large 32 oz. container and portioning each serving into washable containers. It's more economical, too!
- Fresh foods often have little to no packaging. Shop the perimeter of the grocery store – the items stocked there are often better for you AND the planet!

Before you RECYCLE it...Think about ways to REUSE your waste!

- Many types of food packaging can be used for a craft or gardening project before it is ultimately recycled. Ask your kids to brainstorm ideas for reusing items like cardboard and food containers!