

## The 3 'R's

By Zoya Gurm

Reducing, reusing, and recycling, commonly known as the three 'R's, are three easy ways you can help the environment. As time passes, humans have been producing more and more garbage. In a year the United States of America throws out approximately 220 million tons of garbage. The three 'R's can stop most of that waste from being thrown out. Reducing, reusing, and recycling are a regular part of my family's lifestyle.

Reducing is when you make something smaller. In this case, the amount of garbage you throw out is what is being reduced. My family reduces our amount of garbage we use by making simple changes with the items we use everyday. One change we make is bringing our own reusable cloth bags to grocery stores instead of getting a paper or plastic bag every time we buy food. Another change we make is using metal water bottles instead of buying plastic ones. Also, if we ever go camping or on a picnic we bring plastic plates we can wash instead of using disposable plates. Even making small changes can make a big impact on the Earth.

Reusing is when you use something again, with a different use or the same use. My family uses a lot of objects again. For example, we reuse our old items, like toys and clothes, by giving them to charity or to a store that re-sells them, instead of just throwing our old stuff away. Another way we reuse is by getting a digital camera instead of having a disposable one. You can be creative with reusing things to, like making cans into pencil holders. Imagination is the key! Reusing is a fun way to help the planet.

Recycling is when you make trash into a new product. Of course, the item that is made goes through a lot before it is remade into something new, so nothing un-preferred turns into a bottle someone will drink from. My family recycles paper, cardboard, bottles and cans. It is good to recycle, because instead of waiting 500 years for aluminum cans to decompose in a landfill, you can recycle them and in a short amount of time, they will be made into something new we can use. Recycling is good for many things. It helps to reduce the amount of trash that goes into landfills and it helps us get rid of trash in handy ways, like making bags out of candy wrappers. Recycling is an easy way to help the planet.

The three 'R's are very good ways to help the environment. They are fun, easy and make big impacts on the Earth. My family uses them a lot and it doesn't make our lives any different or harder, the way some people might think it would. Next time you are about to throw an aluminum can away, think about the five hundred years it would take to decompose. If you recycle it, it could be made into something new, and if you reuse it, you could make it into a pencil holder or something cool for yourself! Save our planet and reduce, reuse and recycle!