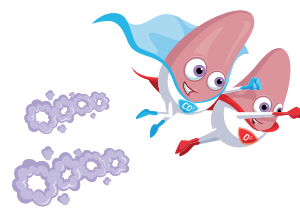


# ORGAMITES™

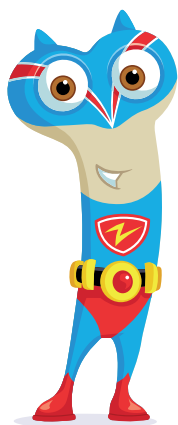
EDUCATIONAL TOOLS



## TOOLKIT 3: THE MIGHTY KIND MOVEMENT

Family Resource #1: Recycling

Discover more educational tools and resources at [Orgamites.ca](http://Orgamites.ca)



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# ECO HACKS

At school, your kids are learning all about what it means to become kinder to the planet and each other. With this in mind, here are some simple, super-practical tips to ensure your family is also part of the Mighty Kind Movement!

Here are five eco-hacks to make everyday family life just that little bit greener...

## 1 EcoBricks

Who has time or energy to sift through their rubbish and stuff all the dry, clean plastic bits into clean, empty two-litre bottles? We'll tell you who: your kids! Empty bread bags, chip packets, straws, you name it – anything that's small enough and not recyclable can be stuffed into a dry, clean two-litre plastic bottle until it's so full that it becomes a certified EcoBrick!



**Pro Eco Warrior Tip:** Use a chopstick or long thin stick to stuff the plastic down and squeeze as much into each EcoBrick as you can... the less air in there, the better. Apart from keeping micro plastics and small non-recyclable items out of landfills and our biosphere, these EcoBrick beauties can be used to actually build some amazing things! There may even be an ecobrick drop-off point in your area – search online to find out or visit [www.ecobricks.org](http://www.ecobricks.org) for more info and inspiration.

## 2 Recycle bins

Most plastic, tin, paper and glass should not be thrown away. If you haven't already done so, consider creating a separate bin for recyclables. If you're in doubt about what can be recycled, check out our general guidelines of what can and can't be recycled at the end of this article.

## 3 Take your own cup to grab your cuppa and re-use your water bottles

If you're prone to grabbing your beverages to go, consider bringing your own reusable cup; most outlets offer a discount if you do. And while you're at it, stop buying plastic water bottles and instead, fill up reusable ones. It's a simple change that will save the environment and also save you a little money.



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## Ditch the plastic preserves

Instead of wrapping food in plastic, use brown paper bags or reusable plastic containers. If you want to move to the next level, reusable eco food wraps are another excellent eco-friendly, non-toxic option.

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## Buy less plastic

It's as easy as that: make a point of stopping for a minute before you buy anything cheap and plastic and ask yourself, "Do we really need this? Is there a less plastic option?" Eco-friendly options don't necessarily cost more either - they just take a change of heart and a little more intentionality on our part.

That's it! Five easy, family-friendly ways to be a little kinder to our planet. After all, it's the only one we call home.

# FIND OUT MORE

This resource was brought to you by the Orgamites' Mighty Kind Movement. They're a team of 9 life-saving organs that are here to breathe life and lightness into really important family conversations – particularly those around organ donation.

Every freely-available educational tool created has been designed in such a way as to empower adults with the ideal, most informative and exciting resources to equip and educate kids.

Have the conversation, make the Mighty Kind pledge, and do it quickly in order to win tickets to our new movie!

Find out more at [www.orgamites.ca](http://www.orgamites.ca)

## WE CAN RECYCLE:

- GLASS (like bottles, jars & drinking glasses)
- CANS (beverage cans, food cans, and even deodorant and paint cans)
- PAPER & CARDBOARD (including newspapers, magazines, books and longlife milk cartons)
- PLASTIC (most plastic containers, bags and packaging)

## WE CAN'T RECYCLE:

- POLYSTYRENE
- P.E.T PLASTICS (often used in food packaging)
- BATTERIES
- VIDEO TAPES
- MIXED MATERIAL ITEMS (like toothbrushes)