

## **Reduce Reuse Recycle - Reuse Jars and glass**

This week, the theme of reusing products continues. Working toward zero waste means minimizing purchases of items that are packaged in plastic. This is so difficult, but two alternatives are to make it yourself or buy things that are packaged in other materials instead, such as glass.

Many products come packaged in glass. Glass is a better alternative because it doesn't degrade like plastics do so it can be used again and again. When you recycle glass it is sorted by colour, washed carefully, and then crushed, melted, and moulded into new bottles and jars.

We have a number of options to reuse glass. You can use it in your home again and again to store almost anything. You can store dry goods in the cupboard, freeze soup, stews, sauces and other leftover food in jars. They can be used to store salads or leftovers in the fridge as well.

Jars can also often be refilled. The people who sell local honey and jam are very happy to get their jars back. Our local "refill" store (Eat Pure) will fill them with products. They can also be filled with your homemade food.

Making homemade items such as yogurt and cleaning products can be a good way to reduce plastic. There are a lot of yogurt types of containers that end up in recycling bins. Learning how to make things like yogurt, cleaning products and detergents to be stored in glass jars will reduce the amount of plastic that needs to be recycled. There are numerous recipes on-line and most are very simple and take a lot less time than people think. This can result in a lot less plastic to be recycled.

Pretty labels can be applied to your items stored in glass and they look very nice in your cupboards, fridges, and on your countertops. Homemade items such as cookies or bath salts make beautiful gifts.

Glass jars and bottles can be recycled at the depot.

Unfortunately, broken glass cannot go into recycling, and must go into the landfill. The reason behind this is that it is hazardous to the workers. This is very sad as glass takes longer to break down than plastic and in fact may never break down. Hopefully in the future, society will find a way to safely recycle broken glass.

Please feel free to email me at [Golden@wildsight.ca](mailto:Golden@wildsight.ca) to give me feedback on this article and share your ideas and questions regarding Reduce, Reuse, Recycle.