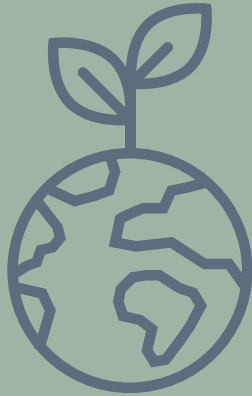


SUSTAINABILITY CORNER

AUGUST 2023

RECYCLE, PRECYCLE AND REDUCE, REFUSE, REUSE, COMPOST

One of the areas where chefs, cooks, restaurant and hospitality business owners can really have an impact on the environment is in the area of recycling and using products that actually contain recycled materials.



In the United States, it appears that:

- Only **5% percent** of all plastic is actually recycled.
- Only **35% percent** of all aluminum is actually recycled.
- Only **68% percent** of all paper and cardboard are actually recycled.

TRUE OR FALSE?

Recycling is the answer to solving climate change and plastic pollution.

- False: Recycling is a way to help minimize trash, impacts on the environment, and further use of limited natural resources but many people have a false sense of environmental security when it comes to recycling.

Precycling is when you run the dishwasher with no dishes in it to check the temperature and chemical levels.

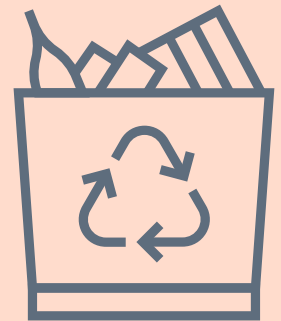
- False: Precycling usually means using your own bags, buying products that aren't in packages, and not buying products you don't really need.

If something can be reused in your establishment, it should always be reused.

- False: You should reuse products as much as possible but just because something can be reused (i.e., latex gloves), doesn't mean it should be.

Coffee grounds are NOT compostable.

- False: Coffee grounds make a great addition to compost!



BE THE CHANGE

One way to start changing things in the world is to refuse to use products that are not recyclable, come in recyclable containers, etc. Tell each of your suppliers you want to minimize the number of products utilized in-house whose packaging doesn't contain high amounts of recyclable material and that you want to be able to recycle the products when you are done with them.



The bottom line is that recycling is better than not recycling, and you should always strive personally and in your business to buy products that have been recycled, buy products that can be recycled (or their wrapping/containers can be recycled) and to make sure that the products go into recycle containers.

Remember, no one is expecting you to be 'perfect environmentalists,' but if everyone did the best they could, the world would be a better place.