

# STOPWASTE

May the 4Rs Be With You Contest 2024

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**My 4Rs: Reduce, Reuse, Recycle, and Reclaim**



## My (Re)Generation Action Story:

I am an integral part of the (Re)Generation because I reduce, reuse, recycle, and reclaim as much as I possibly can in each and everyday wherever I am. We get to live in this beautiful planet but how do we take care of it to show our appreciation? All of us can do more to love this Earth and keep it healthy and clean. Here is the short list of my (Re)Generation effort: 1. Reduce the water usage by presoaking dirty dishes before cleaning them, and taking short showers, 2. Reduce the energy usage by turning the stove off sooner and using the last heat for cooking, and drying clothes outside. 3. Reduce garbage by buying what is only necessary, buying second-hand goods, and donating reusable items such as clothes and toys. 4. Reuse plastic, paper and glass items such as ziplock bags, utensils, Kleenex boxes, jam and pickle bottles. 5. Recycle papers and plastics. 6. Reclaim anything before discarding if I see a potential to be used to make an artwork including green strawberry baskets, old paint brushes, yogurt containers, and egg cartons! I love to be creative using otherwise landfill-garbage. You create a work of art using recyclables. What a win-win!