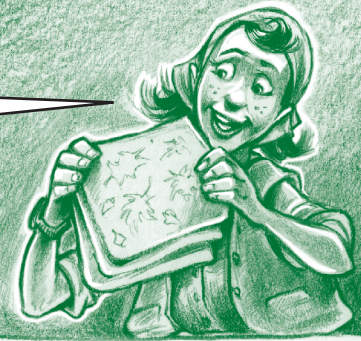




CHECK OUT MY RECYCLED PAPER. I MADE IT MYSELF!



Precious Paper

Cell phones, digital tablets, and computers. Our world is full of electronics. But paper, invented about 2,000 years ago, is still a big part of our lives. We may not even realize how often we use it. It's in everything from egg cartons to masking tape to money—to the magazine in your hands.

A lot of paper gets recycled, but a lot ends up in the trash, too. Nearly 26 million tons of paper products are *not* recycled each year—in the U.S. alone.

You can find lots of ways to help cut down on wasted paper. Use cloth instead of paper napkins, write on both sides of your paper, and reuse gift-wrapping materials.

Recycling paper also helps reduce landfill waste, energy use, and pollution. When your family buys paper products, look for ones made from recycled materials. You can even create your very own recycled paper with the technique below.

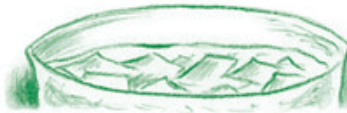
Make Your Own Recycled Paper

You'll Need: Six full sheets of non-glossy newspaper • 7" x 9" (18 cm x 23 cm) sheet of aluminum foil • empty 1-gallon (3.8 L) milk jug • dried leaves or flowers • rubber gloves • scissors • water

- 1 Carefully cut off top half of jug, with an adult's help.



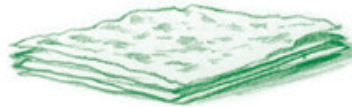
- 2 Tear two sheets of newspaper into stamp-sized pieces and place them in jug. Add warm water so it just covers the newspaper. Let soak overnight.



- 3 Wearing rubber gloves, shred paper into fine pieces so paper pulp is the consistency of oatmeal.



- 4 Lay four sheets of newspaper in a stack and place foil flat on top.



- 5 Cup hands to scoop up pulp. Let water drain off, then place pulp on foil. Repeat until you have a layer of pulp with a 1" (2.5 cm) border of foil. Make sure there are no holes in pulp layer. Add dried leaves or flowers on top.



- 6 Gently press pulp flat. As water emerges, pick up foil and pour

water back into jug. Continue until no more water can be drained out of pulp.



- 7 Let paper dry for about two days. Drying time may vary due to thickness of paper and climate.



- 8 When dry, peel foil off. Use your paper to write a message to a friend or family member about helping the earth.

