

Wellness Wednesday

AMERICA RECYCLES DAY BINGO

America Recycles Day on November 15th, encouraging Americans to recycle more today and everyday – every little bit helps! Discover items you can recycle in your home. How many of the items can you recycle this week?

Note: Don't forget to rinse out all containers and keep lids on plastic bottles and containers

Aluminum can	Cardboard shoe box	Cereal box	Milk carton	Plastic milk or juice jug
Yogurt or fruit cups	Margarine or cottage cheese tub and lid	Glass drink bottle	Aluminum foil	Soup or broth carton
Cardboard nut can	Aluminum pie tin		Shredded paper in a closed bag	Ketchup bottle
Salad dressing bottle	Detergent bottle or jug	Fozen juice can	Glass jar	Newspaper
Magazines	mail, school, or office papers	Cardboard toothpase box	Shampoo bottle	Plastic deli or takeout container

For more at-home wellness resources, visit:

https://nutritionservices.mpls.k12.mn.us/home_wellness_resources

