

## Reuse, Repurpose and Upcycle

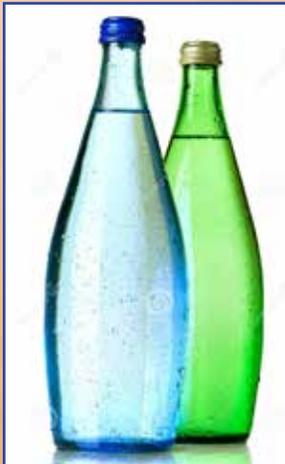
Being Green is so much more than just recycling and growing your own produce. Living Green challenges you to look at items and ask yourself, "What else can I do or make from this?" Even if you're not naturally a creative person, you'd be surprised by what common items in your household you can easily transform by simply reusing, repurposing or upcycling.

Some may hear those terms and think, "what is the difference between those and recycling?" Well if you ever wondered, this may help:

- **Reuse** – Any secondary usage that is similar to its original use.
- **Repurpose** – Using an item for a different purpose than it was intended, but without changing its elemental form.
- **Upcycle** - Repurposing an item in such a manner as to add value to it, not just find another use.



Here are some creative ideas on how to reuse, repurpose and upcycle some common items in your house:



*Reuse glass bottles by refilling with other beverages*



*Repurpose an old tub into a planter*



*Reuse plastic grocery bags as trash bags*



*Repurpose old Lego pieces as a key holder*



*Upcycle an old door into a frame for a standing mirror*



*Upcycle old suitcases into side tables*



# Earth Day Celebrations Around the World



## Virginia, US

Students from a primary school in Petersburg shovel soil on to a freshly planted dogwood tree as the mayor, Howard Myers, looks on.

Photograph: Patrick Kane/AP

**Patiala, India**  
Girls take part in a 'Save the Earth' awareness program on the eve of Earth Day.  
Photograph: AFP/Getty Images



## Tokyo, Japan

Participants carry large traditional "koinobori" at a parade in Japan as part of an event for Earth Day.

Photograph: WepProNews

**Lisbon, Portugal**  
Volunteers perform on a square in the Portuguese capital decorated with a giant map of the world. They are holding placards with letters reading 'We take care of the Earth'  
Photograph: Rafael Marchante/Reuters



## La Paz, Bolivia

Aymara priest Valentin Apaza stands over a burning offering for Pachamama, or Mother Earth, during a ceremony on La Cumbre, a mountain considered sacred ground on the outskirts of La Paz, Bolivia, on Earth Day.

Photograph: Juan Karita/AP



## Qinhuangdao, China

Children from the Yanxiuli Primary School in Qinhuangdao show their scroll paintings about environment protection.

Photograph: Xinhua/Yang Shiyao



## Manila, Philippines

People gather on a sea wall as they take part in the "Save Manila Bay" event during Earth Day celebrations in Manila.

Photograph: Reuters



# Test Your Earth Day IQ!

- 1) When was the first Earth Day?  
 a) 1982                      b) 2003                      c) 1999                      d) 1970
- 2) Earth day originated in the U.S., but in what year did it become recognized worldwide?  
 a) 1975                      b) 1999                      c) 1990                      d) 2000
- 3) What was Earth Day renamed officially by the United Nations in 2009?  
 a) Go Green                      b) Int'l Mother Earth Day                      c) Save Our Planet                      d) It wasn't renamed
- 4) On the very first Earth Day, how many people gathered in the streets of America to protest the industrial revolution?  
 a) 20 million                      b) 100,000                      c) 1 million                      d) 750,000
- 5) What U.S. senator founded Earth Day?  
 a) Stuart Symington                      b) Richard Nixon                      c) Gaylord Nelson                      d) Jocelyn Burdick
- 6) Approximately how many countries participated in the 30th anniversary of Earth Day in 2000?  
 a) 60                      b) 180                      c) 140                      d) 240
- 7) On Earth Day in 2012, how many people rode bikes in China to reduce CO2 emissions and save fuel?  
 a) 100,000                      b) 1 million                      c) 500,000                      d) 10,000
- 8) In an Earth Day celebration in 2011, how many trees were planted in Afghanistan by the Earth Day Network?  
 a) 100 million                      b) 150,000                      c) 750,000                      d) 28 million
- 9) In Panama, how many endangered species of orchids were planted and maintained to prevent their extinction in honor of Earth Day?  
 a) 500                      b) 100                      c) 50                      d) 1,000
- 10) Earth Day Network partners with how many countries?  
 a) 75                      b) 192                      c) 257                      d) 107

**How did you do? Check your answers on the SUG Corporate Social Responsibility page!**  
<http://www.superioruniformgroup.com/corporate-social-responsibility>

## Green Activities, Green Ideas – let us hear about them!

Are you currently involved in an activity or aware of an event or group that would enhance our efforts for Corporate Social Responsibility? We are always looking for ideas for company-wide and individual implementation.

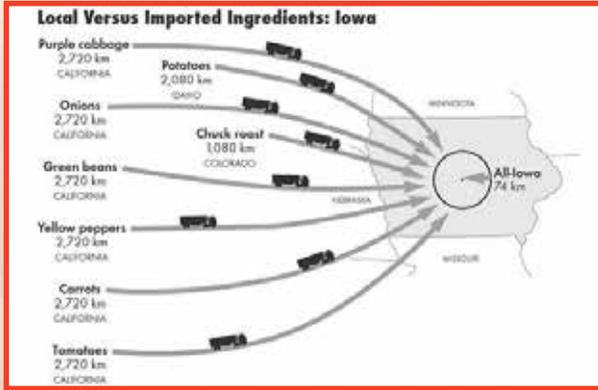
Please share your tips with the Green Team at:

[GreenTeam@SuperiorUniformGroup.com](mailto:GreenTeam@SuperiorUniformGroup.com)



## Food Miles: How Fast Was Your Food Going?

The farm to table movement has grown in popularity in recent years, with restaurants living by the concept popping up left and right. In case you have not latched onto to the movement, farm to table is when a restaurant purchases their food supplies produced



by a local farm via market or small distributor, completely bypassing major distributors and/or stores. In some cases, restaurants may even buy directly from the farm. Beyond the obvious advantage of supporting local vendors, the farm to table concept offers you fresh food that hasn't traveled cross-country. According to WorldWatch Institute, the average plate full of food on an American table has traveled 1,500 miles before being eaten. It's important to note that your food's long distance travels are cause for concern. Two major concerns being:

**Pollution:** Long-distance, large-scale transportation of food consumes large quantities of fossil fuels. It is estimated that we currently put almost 10 kcal of fossil fuel energy into our food system for every 1 kcal of energy we get as food. Transporting food over long distances also generates great quantities of carbon dioxide emissions.

**Unnatural Processing:** In order to transport food long distances, much of it is picked while still unripe and then gassed to "ripen" it after transport, or it is highly processed in factories using preservatives, irradiation, and other means to keep it stable for transport and sale. Fresh food grown locally is harvested when ripe and doesn't have to be fumigated, refrigerated, or packaged for long-distance traveling or altered for long shelf-life.

Want to find a farm to table restaurant or farm/market in your area? Check out [Eat Well Guide](#) which lists over 25,000 local, sustainable food providers across the US.

## COOKING CORNER

*Green Team member Rebecca Anderson is always trying out delicious farm to table recipes for her family. Here's one of her yummy, fresh recipes that is perfect for a spring/summer gathering:*

### Anderson Ceviche

Make sure to use veggies and herbs from a local farmers market or your garden to make this a truly farm to table dish.

- 1.5 lbs fresh local snapper, cut into bite sized pieces
- 1 each red, green and orange (or yellow) bell peppers chopped
- 2 shallots chopped
- 1 clove garlic finely chopped
- 1 tomato, chopped and seeds removed
- Juice of 3-4 limes
- Salt and Pepper
- 1-2 tbsp fresh Cilantro, chopped
- 1 fresh avocado, roughly chopped



Mix all chopped ingredients in a bowl and squeeze fresh lime juice onto mixture until it's very well coated and immersed in the juice (you may have to press ingredients down to ensure all of it is covered). Cover and refrigerate 6-8 hours, making sure to open and stir the ceviche every couple of hours. Season with salt and pepper and garnish with chopped avocado.

Serves approximately 6 people.