

**Go Green:** to become actively interested in environmental issues and support environmental causes

**3 R's... Reduce, Reuse, Recycle**

It sounds simple but it really works. Get in the habit of incorporating the “three R’s” into products you use on a daily basis. This process can have an effect on *what* you choose to buy. It also affects how you *use* and *dispose* of things you already have.

Tupperware is a perfect fit! Reduce the amount of products you purchase and save! Reuse our containers over and over! And recycle when necessary!

**Fact**

Yet of the 14 billion water bottles sold in the United States in 2002 (most made from PET), **90% wound up in the trash.**

Bottled water comes in three basic forms.

*Natural mineral water...*

*Spring and Purified water essentially the same as tap water—can be drawn from almost any source (surface or underground) and is treated to make it potable*

*Carry your own coffee mug and skip the disposable cups and lids. If you drink five coffees a week, you'll save more than **16 pounds of trash over the course of a year.***

*Buy recycled paper towels instead of virgin rolls. If every household in the country did this just once, according to the Natural Resources*

**• Reduce:**

Buy permanent items instead of disposables.

Buy and use only what you need. Buy products with less packaging.

Buy products that use less toxic chemicals.

**Info Source**

*Excerpted from the March/April 2004 WORLD WATCH magazine*

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*Outside Magazine, April 2007*

Defense Council, **we'd save 544,000 trees.**  
*National Resources Defence Council  
nrdc.org*

**• Reuse:**

Repair items as much as possible.

Use durable coffee mugs. Use cloth napkins or towels. Reuse boxes.

Purchase refillable pens and pencils.

**Tupperware Solution**

Insulated Tumbler

Sports Bottle

Impression Tumblers



Tupperware's Commuter Mug



Tupper-Living microfiber towels



**• Recycle:**

Recycle paper (printer paper, newspapers, mail, etc.), plastic, glass bottles, cardboard, and aluminum cans

- **How many of us end up throwing food away at the end of the week?**
- Did you know we end up throwing away over \$1000 in food a year?
- Keeping food fresh will help it last longer.
- Helps save Money. Not only on food but the gas you would buy going to the grocery store which in turn saves the earth
- It will certainly help you keep within budget with the household expenses

## Tupperware is an investment

Tupperware is an investment that will last a lifetime.

Saving the earth and helping save space in our land fills.

Tupperware is an investment in our World's Future

### **Modular Mates**

- Modular in Design, Saving you Space, Waste, Time, and Money
- See through window allows you to see what you have on hand.
- Reducing your grocery bill by not over stocking your cupboards
- Saving you time so you can see what you have rather than opening up boxes to find out they are stale or almost empty.

### **Rock N Serve**

- How many of you use your microwave for a pop corn popper or to reheat your coffee?
- Rock N Serve are also modular in design
- Goes into the microwave, freezer, and refrigerator. When storing RNS its modular it takes less room to store
- When in use RNS saves you money by storing leftovers, and taking healthy lunches to work saving you more money!
- **You Can See Clearly**
- Tupperware is helping to save the Earth
- Saving Time, Space, Waste and Money
- No more throw away containers that fill up the land fills, No extra trips to the store saving you gas and saving the earth from the fumes
- Tupperware last a lifetime
- Tupperware can be passed down form generation to generation
- Tupperware lifetime warranty reminds you that you will always be guaranteed to have a product that will last.

## Using FridgeSmart

- Do you throw away food out of your crisper drawer each week? If So....
- Using FridgeSmart Containers helps Organize and Save you money. FridgeSmart Containers are Modular in design so they save you space and waste. Using these containers will help your Veggies and Fruits stay Fresh 2 times longer than normal. They are designed to allow air flow to revolve around the produce and to release the gases they produce to flow through the vents.

## Storing and Serving

### Tips

Tip 1. Take your Tupperware Wonderlier bowls to the deli counter in your grocery store when placing your order have the person weight the bowl before adding the (Potato Salad ect..)

Tip 2. Take your Computer Mug and have your favorite coffee put into it at: Star Bucks, Dunkin Dounuts, The gas station

## Take your Lunch

- Are you throwing away your money on, Storage bags, Aluminum foil, Wax paper, Disposable containers, cheap throw away's from the dollar store
- Tupperware Sandwich Keepers you can trust to take to lunch. No more flattened sandwiches. The sandwich will stay fresh.
- Snack Cups insure you're taking the very best snack with you and keeping it fresh. No leaking from these containers!

**Taking Lunch provides you with Healthy Lunches and helps you watch your waist line while saving you money and saving the earth!**