

SUSTAINABILITY ON THE SIDELINES

SUSTAINABLE WESTPORT AND THE DEMOCRATIC WOMEN OF WESTPORT SHARE THE TOP FOUR TIPS FOR MAKING YOUTH SPORTS MORE SUSTAINABLE:

1 REUSABLE BOTTLE

One of the most impactful changes you can make is ensuring your children utilize reusable bottles for their sideline drink of choice.



Billions of single-use plastic bottles are produced every year and only a small percentage are recycled. Those that end up in landfills (or our oceans) take up to 450 years to degrade. Reusable bottles help prevent waste from ending up in landfills and create significantly fewer emissions than the production and distribution of plastic bottles. In fact, tap water is 10,000 times less carbon-intensive than a bottled water!

Make sure your child has a reusable bottle and fill it as you go.

KEEP OUR FIELDS CLEAN: BE SURE TO PICK UP TRASH LEFT ON THE FIELD AFTER GAMES OR PRACTICES!

2 CARPOOL

Whenever possible, coordinate carpools to cut pollution and build community.

When multiple people share a ride, it reduces the number of vehicles on the road, which in turn reduces traffic congestion and decreases the emission of harmful pollutants. It can also save you time and gas money!

Carpooling also provides kids with the opportunity to socialize and build team camaraderie.

3 NO IDLING

When waiting for your child, turn off your engine! You'll save gas, help the environment, and prevent children from breathing in toxic chemicals.

Idling vehicles contribute to air pollution and emit air toxins, which are pollutants known or suspected to cause cancer and other serious health effects. Children are particularly susceptible to the impacts of air pollution. Limiting a vehicle's idling time can dramatically reduce these pollutants and our children's exposure to them.

Not to mention, if you are going to wait more than 10 seconds, it uses less gas to restart your car than it would to keep it running. Commit to turning off your engine!



4 START OR PARTICIPATE IN A UNIFORM/EQUIPMENT EXCHANGE

Youth sports generate a large amount of textile and equipment waste. Not only do kids grow out of equipment quickly, they also rarely re-wear old uniforms postseason. Only 10-20% of donations to chain thrift stores actually end up on store shelves, the remaining 80-90% of donations are shipped overseas to landfills. At the end of the next sports season, inquire about uniform/equipment exchange or donation program. If a program doesn't exist, make an impact in your community by organizing a uniform/equipment exchange or donation program to reduce waste and build community!

GET INVOLVED

Sustainable Westport is looking to help reduce uniform and equipment waste by coordinating a Westport youth sports uniform and equipment exchange program.

Contact admin@sustainablewestport.com to volunteer.



WESTPORT RECYCLING GUIDE

When you find yourself wondering "Can this be recycled?" Visit www.recyclect.com or download the "RecycleCT Wizard" app to easily search common products. When in doubt, throw it out. It's better to trash items when you're unsure to prevent recycling stream contamination.

**ALL ITEMS SHOULD BE EMPTY, RINSED, CLEAN AND OPEN.
DO NOT SHRED, BOX, BAG, OR BUNDLE MATERIAL.**



WHAT'S IN?



WHAT'S OUT?

PAPER

Cardboard & boxboard
Food & beverage cartons
Junk mail
Magazines & newspaper inserts
Newsprint
Office paper
Pizza boxes

Gift wrap & gift bags
Ice cream containers
Paper cups (hot & cold)
Shredded paper
Take-out food containers
Tissue paper

GLASS

Beverage bottles & jars
Food bottles & jars

Ceramic mugs & plates
Drinking glasses

METAL

Aerosol containers (food grade only)
Aluminum foil
Cans & bottles
Foil containers
Metal lids from cans & bottles

Aerosol containers (deodorizers, cleaners, pesticides, etc.)
Foil tops from yogurt containers
Paint cans
Pots and pans
Small pieces of scrap metal
Spiral wound containers

PLASTIC

Plastic bottles
(with or without attached cap)
Plastic containers, tubs & lids
Plastic one-use cups
(no lids, no straws)

Loose bottle caps
Plastic bags & wrap*
Plastic plates, bowls & utensils
Prescription bottles
Single-use coffee containers
Styrofoam of any kind
Water filters
Black plastic of any kind



Scan to visit our website for even more resources!

SUSTAINABLEWESTPORT.ORG

