



## Recycling 101: A Primer



What do we mean when we say we are **recycling**? While so much a part of our vocabulary, recycling can still be hard for us to define. ShopRite breaks it down for you with a primer that will help you recycle more and better. Recycling includes three vital steps, each represented by one arrow in the recycling loop, and you play a key part in two of the **three** steps!

**Step 1: Collecting and Processing.** Recyclables can be collected through curbside programs, drop-off centers, and deposit or refund programs.

Recyclables are then sent to a recovery facility to be sorted, cleaned and processed into materials that can be used in manufacturing. Recyclables are bought and sold just like raw materials, and prices change depending on supply and demand in the U.S. and the world.

**Step 2: Manufacturing.** Using recycled materials is often more efficient than using raw materials and saves water, energy and resources. For example, recycling **aluminum** uses 95 percent less energy than making new aluminum. Mining and

refining bauxite (the ore used to make aluminum) is energy intensive and may result in pollution, but once made, aluminum can be recycled indefinitely and very efficiently.

Recycled materials are manufactured into common household products but also are used in new ways. Recovered **glass** in asphalt is used to pave roads, and recovered plastic can be incorporated into items such as carpeting and park benches. Materials such as beverage cans are manufactured into the same products again and again, while others are used in different products and durable goods such as car bumpers, carpeting, furniture and clothing.

**Step 3. Purchasing Recycled Products.** When you buy new products made from recycled materials, you help close the recycling loop. Thousands of products contain recycled material, so when you go shopping, look for both products that can be recycled in your community and products made with recycled material. Some common products made with recycled content that might not be indicated on the labels:

- Aluminum and steel cans
- Cereal boxes
- Egg cartons
- Glass containers
- Laundry detergent bottles
- Newspapers
- **Paper** towels
- Toilet tissue
- Trash bags

**Recycling Through Time:** People recycled goods for thousands of years before the industrial age introduced quicker and cheaper ways to produce them.



**1890s** First official recycling program is launched in the U.S.



**1930s** Material shortages in the Great Depression make recycling important.



**1940s** Goods such as nylon, rubber and metals were recycled during World War II.



**1950s** Post-war boom puts recycling on the back burner.



**1960s-70s** Environmental movement is born. First Earth Day in 1970 makes recycling a mainstream idea.



**1980s-90s** Curbside recycling programs move recycling forward, decreasing dumping in landfills.

**2010** About 3,620 curbside recycling programs existed in the Northeast, serving 85% of the population, more than any other region in the country.

## ShopRite's 2012 recycling results:

- 123,546 tons corrugated cardboard
- 3,193 tons plastic film, bags and hard plastic
- 2,461 tons waxed corrugated cardboard
- 842 tons newspaper
- 389 tons office paper
- 97 tons metal

## Did you know...

ShopRite has recycled more than **1.6 MILLION** tons of materials to date?

### The Big Five

What can be recycled curbside varies from community to community, but these five materials are usually included:

**Aluminum** is one of the most recyclable materials on Earth, and the most efficiently recycled. Despite this, we currently recycle only about half of the aluminum cans we generate.

**Glass** food and beverage containers can be recycled again and again, and

recycling glass is typically cheaper than using raw materials. We currently recycle about one-third of the glass we generate.

**Paper** makes up nearly 30 percent of all waste each year in the U.S. That's more than any other material. We currently recycle about two-thirds of the paper we generate.

**Plastics** are accepted in most recycling programs, but not all types of **plastics**

are accepted for reuse; some types are recycled much more than others. Less than 10 percent of the plastics we generate are recycled.

**Steel** is a ferrous metal, which means it sticks to a magnet. You'll find it used primarily for food cans. The current recycling rate for **steel cans** is two-thirds of what we generate.

— continued on page 6

## ShopRite Stores on the Road to Waste Reduction



Kenny Family ShopRites of Delaware Take the Challenge!

Melissa Kenny, sustainability manager at Delaware Supermarkets, (above) is working closely with the Food Bank of Delaware and the U.S. Environmental Protection Agency (USEPA) in the Food Recovery Challenge, which encourages organizations to reduce, donate and recycle as much of their excess food as possible. "We have worked with local charities for years, but this initiative keeps food bank shelves consistently stocked and builds upon our successful recycling and composting initiatives," she said.



Brown's Super Stores Support Food Recovery!

Brown's Super Stores, located in the greater Philadelphia region, are known for their community efforts, which include donating fresh food to food banks and reducing their stores' overall waste streams. All of their stores have stepped up efforts by joining the USEPA's Food Recovery Challenge. "We are recycling, composting and keeping safe, wholesome food from ending up in local landfills," said Jeffrey Brown, owner of Brown's Super Stores (above left). "We look forward to working with the EPA, helping hungry people in our communities and conserving natural resources," added Sandy Brown, owner (above right).



Saker ShopRites Reduce, Reuse and Recycle!

Saker ShopRites and the green team at ShopRite of Woodbridge, N.J. (above left, Larry O'Rourke, receiving supervisor; above right, William Caulfield, manager, ShopRite of Woodbridge) continue to focus efforts on reducing their environmental impact. According to Caulfield, "Our waste reduction efforts combine recycling, food donations and composting. In fact, we have been composting for more than a decade. We are proud of our waste-reduction program because it truly illustrates our dedication to the community, the environment and our bottom line."



WIN a Variety of Cabot Creamery Products!

Enter now! One winner will receive a \$100 ShopRite gift card and a Cabot Creamery Cooperative farm gift basket (cheese coupon, maple syrup and gardening products — approximate retail value of \$250.00). Twenty lucky runners-up will win a Cabot Creamery Cooperative variety pack (cheese coupon and Cabot gift shop items (\$30.00 value).

Just fill out and mail the entry form below for a chance to win!



Mail to: Wakefern Food Corp.  
Att: Environmental Affairs Dept. P7103  
33 Northfield Avenue  
Edison, NJ 08818-7812

Name

Address

City, State, Zip

(Area Code) Daytime Phone

(Area Code) Evening Phone

OFFICIAL RULES & CONDITIONS

**1. No purchase necessary.** No purchase or payment is necessary to enter. To enter the sweepstakes, fill out the entry blank or print your name and address (including your city, state and zip code) on a card and mail it to: Wakefern Food Corp., Attn: Environmental Affairs Dept. P7103 — 33 Northfield Avenue, Edison, NJ 08818. Enter as often as you like, but each entry must be mailed separately. All entries must be handwritten. Mechanically reproduced entries will not be accepted. Entries must be post-dated by June 28, 2013. Entries will not be returned. Sponsor assumes no responsibility for lost, mutilated, late, incomplete or misdirected entries.

**2. Prizes. One Grand Prize (valued at \$250.00) and 20 Second-Place prizes (valued at \$30.00 each)** will be awarded. Total retail value of all prizes in this Sweepstakes is \$280.00. Prizes are nontransferable, and no substitutions or cash or credit redemption will be made except as provided herein. Sponsor reserves the right to award a prize of equal or greater value if the advertised prize becomes unavailable. All prizes will be awarded, provided they are properly claimed in accordance with these rules. All prizes awarded are subject to the restrictions and limitations in these Official Rules, and to the terms, conditions and policies of Wakefern, and all winners must abide by all such limitations, restrictions, terms, conditions and policies. Prizes consist only of the items specified herein. Winners will be determined at a drawing to be held on July 30, 2013. All prizes will be awarded. Prize winners will be notified by mail by Aug. 16, 2013.

**3. Second-Chance Drawing.** All prizes not claimed by Sept. 3, 2013, will be awarded at a Second-Chance Drawing to be held on Sept. 6, 2013. Winners of Second-Chance Drawing will be notified by mail by Sept. 13, 2013. Participants in the Second-Chance Drawing will consist of all nonwinning entrants, who will be automatically entered in the Second-Chance Drawing. Winners in the Second-Chance Drawing must claim prizes by Sept. 27, 2013. All prizes not claimed by Sept. 30, 2013, will not be awarded.

**4. Odds of winning.** Odds of winning will be determined by the number of entries.

**5. Eligibility.** Sweepstakes are open to residents of Connecticut, Delaware, New York, New Jersey, Pennsylvania and Maryland. Sweepstakes are not open to any individual under the age of 18 or who works for or is related to any person who works for Wakefern Food Corp., any ShopRite supermarket or the sponsor of this sweepstakes and their advertising agencies.

**6. Liability/Waiver/Indemnification.** By participating in this promotion, entrants agree to be bound by the Official Rules and the decisions of the Sponsor, which is final and binding in all respects. Winners acknowledge that neither Sponsor nor its agents have made nor are in any manner responsible or liable for any warranty, representation or guarantee, express or implied, in fact or in law, relative to any prize, including, but not limited to, its quality, mechanical condition or fitness for a particular purpose. Any and all warranties and/or guarantees on a prize, if any, are subject to the manufacturers' terms therefor, and winners agree to look solely to such manufacturers for any such warranty and/or guarantee. By accepting prizes, prize winners agree to release, indemnify, defend and hold harmless Sponsor, its affiliates and subsidiaries, and each of their respective officers, directors, employees, agents and other representatives (the "Releases"), from and against any claims, judgments, losses, damages, liabilities, fines, costs or expenses associated with or arising from: (i) participation in this Sweepstakes; (ii) the acceptance, possession or use/misuse of the prize; (iii) any breach or claimed breach of these rules by entrant; or (iv) any use, tortious act or omission (or claimed tortious act or omission) by entrant in connection with use of any prize. By accepting prizes, winners further agree that the Releases are not liable for any indirect, incidental, consequential or punitive damages to the full extent such may be disclaimed by law.

**7. Additional Terms and Conditions.** All federal, state and local income taxes on prizes are the sole responsibility of each winner. Acceptance of any prize shall constitute and signify winner's agreement and consent that the Sponsor may use the winner's name, likeness and/or prize information for promotional purposes in all media world-wide, without limitation or further notice or compensation, except where prohibited by law. Sponsor reserves the right to cancel, suspend or modify the Sweepstakes in the event of fraud or any other factor beyond Sponsor's reasonable control that may impair the integrity of the Sweepstakes. If the Sweepstakes is cancelled, Sponsor may award the prizes in random drawings, as described above, from among all eligible entries received that correspond to each entry pool described above prior to the time of cancellation. This Sweepstakes is subject to applicable federal, state and local laws and regulations. By entering, entrants agree that all issues and questions concerning the construction, validity, interpretation and enforceability of these Official Rules, entrant's rights and obligations, or the rights and obligations of the Sponsor in connection with the Sweepstakes, will be governed by, and construed in accordance with, the laws of the State of New Jersey, without giving effect to any choice of law or conflict of law rules (whether of the State of New Jersey or any other jurisdiction), which would cause the application of the laws of any jurisdiction other than the State of New Jersey. The information provided by the consumer on his/her entry form will be used solely for the purposes of this Sweepstakes and will not be rented, sold or relinquished.

**8. Winners' List.** For a list of winners, send a stamped, self-addressed envelope to Wakefern Food Corp. — Attn: Environmental Affairs Dept. P7103 — 33 Northfield Ave., Edison, NJ 08818. Request for winners' list must be received by July 26, 2013. Allow six weeks for delivery.

**9. Sponsor.** Sweepstakes sponsored by Wakefern Food Corp. Environmental Affairs Department, P7103 — 33 Northfield Avenue, Edison, NJ 08818. All Rights Reserved. Cabot Creamery Cooperative is not a sponsor of this Sweepstakes. Cabot's name and logo and/or materials are used for purposes of promotion and/or prize description only, and such use is not intended to suggest or imply Cabot's participation, sponsorship, endorsement or approval of this Sweepstakes.

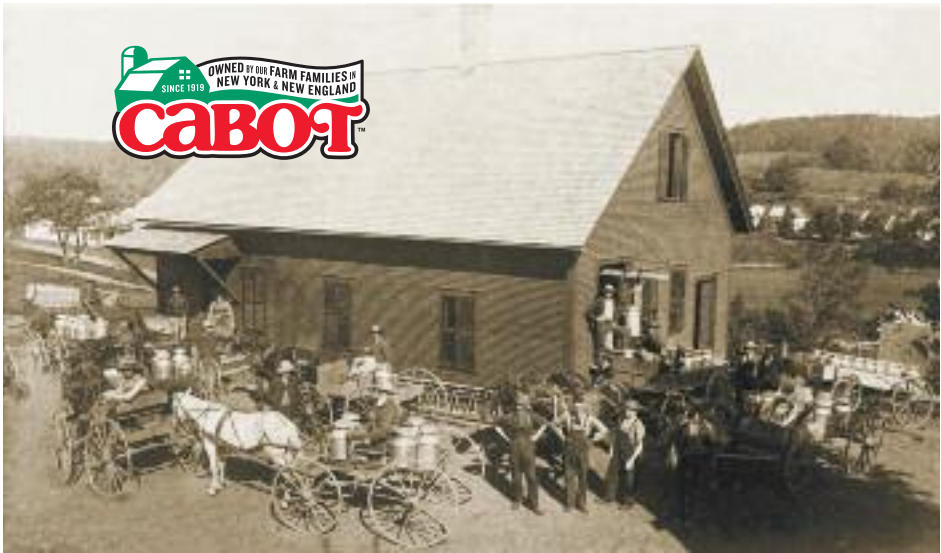
Where Does Your Food Come From?

The path of food to your table is called a **food system**, and it can be local, **regional** or global. ShopRite puts special emphasis on local food sources whenever possible to deliver the best product to our customers.

Food systems include all aspects of food production, from the way the food is grown or raised to how it is harvested, prepared and delivered to consumers.

The local **“farm-to-fork”** movement often focuses on providing locally grown ingredients to stores and restaurants in the community.

Cabot Creamery – A Co-op of 1,200 Dairy Farm Families



Well-known for its “World’s Best Cheddar,” Cabot Creamery also produces a variety of dairy products, such as traditional, specialty and reduced-fat cheeses, butters, sour cream, yogurt and dips. And like ShopRite, Cabot Creamery is also a **cooperative** and a company with a strong sustainability program.



received new focus five years ago, when longtime employee Jed Davis took over as the cooperative’s first director of sustainability.

Jed does not have a staff, and he’s okay with that. “For Cabot, sustainability isn’t the duty of one department — we want it to be everyone’s

responsibility here,” says Davis. “To establish a sustainability mindset companywide, all employees must examine their impacts through the lens of sustainability.”

Cabot is also a pioneer in its use of sustainability metrics, or the notion that an organization cannot be sustainable without comparing its actions to the greater whole. In other words, sustainability is not just about reduction, but how you use resources, too.

Cabot uses an outside consultant to help develop best practices in its pursuit of sustainability. It’s a daily effort that has resulted in successes both big and small.

At the creamery in Cabot, Vt., for example, a cross-functional “Green

Team” meets monthly and is working toward a **“zero waste-to-landfill”** goal. Employees are encouraged to identify problem areas and find solutions.

Green Team members identified a better solution when it came to one of the biggest wastes generated at a Cabot facility. Once cheeses were fully aged and unwrapped to be cut into store-sized pieces, the original plastic wrap on the cheese went to the landfill. Now the waste plastic is collected and recycled by a manufacturer of plastic bags. The creamery’s trash compactor — which is solar-powered — is emptied every 90 days rather than every 12 days, saving money and increasing overall efficiency.

Cabot also reduces energy use during times of stress to the Northeast electricity grid through a program called “demand response.” Cabot receives payments for voluntarily curtailing its electricity use and then invests those funds in additional energy-reduction efforts.



Davis sees himself as a resource and a cheerleader, encouraging and assisting Cabot employees and suppliers to make positive changes. “Sustainability isn’t our destination; it’s our journey, and there is much to be done every day,” says Davis.

ShopRite Owners Visit Local Farm



Pictured (left to right) are ShopRite owners Chuck Infusino, Nico Sumas, Liz Mannix and Dara Gladstein with David Arena, president of Frank Donio Inc./Pleasantdale Farms, in Hammonton, N.J.

ShopRite procures blueberries from local farmers in New Jersey. When out of season, they are sourced globally.



ShopRite’s Relationship with Local Farmers

“At ShopRite, buying local is in the DNA of the cooperative,” says Terry Murphy, produce procurement manager for Wakefern Food Corp. “It’s just what we do.” The 48 ShopRite cooperative members have always fostered relationships with local farmers and connected farmers to consumers.

Some larger farmers sell on a commercial level to local stores in a region, but others are smaller, selling to just a few stores on a seasonal basis. Either way, ShopRite strives to use small farmers who might otherwise have a difficult time getting into larger markets.



## The Great Migration

When we think about migration, we usually think of birds. We hear geese cackling as they head south in the fall and notice when the hummingbirds stop coming to our feeders. But many other animals migrate in the air, over land and in our waters.

Migration is the movement of a group of animals from one place to another, and there are several types of migrations. Most migration is seasonal. A **complete** migration is when all members of a species migrate. A partial migration takes place when only part of an animal population leaves an area. Red-tailed hawks are partial migrants.

Many mammals are **nomadic** migrants, wandering from place to place with the change of seasons. They might end up where they started, or they could be somewhere completely different. The American Bison is a nomadic migrant. Great herds of bison once roamed throughout the Great Plains as the seasons changed.

While some birds fly incredible distances when they migrate, some amphibians may move only a quarter of a mile when they migrate. But size does not seem to matter when it comes to migration distances. Tiny hummingbirds fly from the U.S. all the way to Central America in the winter.

### Why do animals migrate?

Animals migrate with the change of weather and seasons. They are **migrating** to find warmer weather, better food supplies or a safe place to give birth to their young. Most animals that migrate live in places that have definite seasons. As it turns out, food is the single most important reason that animals migrate. Animals also migrate to avoid extreme heat or cold.

### How do animals know when to migrate and where to go?

Different signals, such as a change in **weather**, the length of the days or the availability of food may signal to the animals that it is time to move. But scientists aren't sure how animals know in which direction to go. Many scientists think that animals know where to migrate when they are born, based on instinct.

Different animals have adapted different ways of navigating. Some use the sun or the stars to figure out the correct direction. Other animals use wind patterns or landmarks such as mountains, rivers and lakes to **navigate** their journey. Still other animals may use an extra sense that allows them to use the magnetic field of the Earth to know in which direction to go!

### Migration Quiz

#### 1. What often triggers migration?

- a. Weather changes
- b. Breeding patterns
- c. Feeding patterns
- d. All of the above

#### 2. What is a complete migration?

- a. When the same destinations are visited each year
- b. When all members of a species migrate
- c. When a species stays in a place for the same period of time each visit
- d. When the species go to a place and come back

#### 3. Which animal holds the record for the longest overland migration?

- a. The caribou
- b. The turtle
- c. The sloth
- d. The zebra

#### 4. Why do whales migrate to the cold waters near the poles?

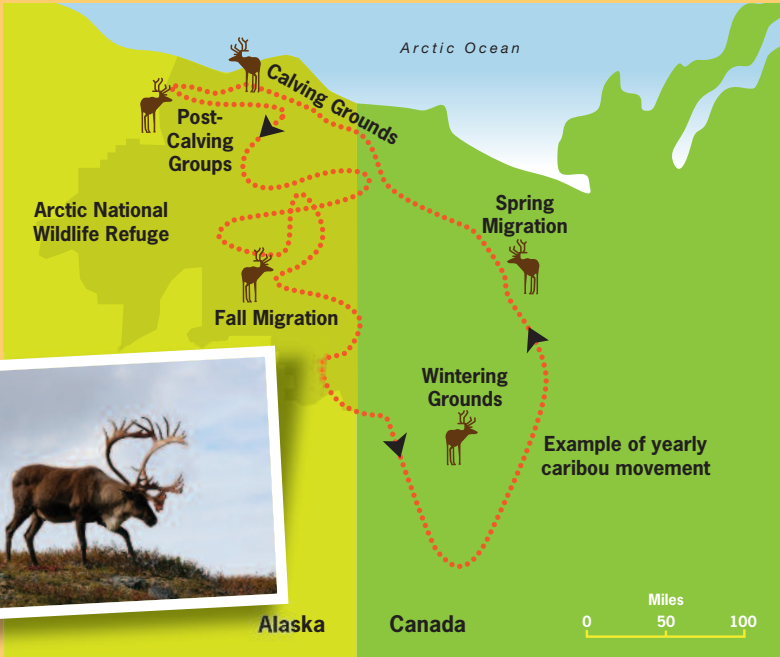
- a. They like to mate in the cold water
- b. They enjoy the feel of cold water
- c. They can find better food in cold water
- d. They are safer from predators in the cold water

1d. All of the above. Migrations are usually related to weather changes, feeding patterns, or mating and breeding patterns. However, some migrations don't follow any pattern, and nomadic species tend to move places simply when the food supply has run out in their current location. 2b. A complete migration is when all members of a species migrate. In a partial migration, some members stay in the same place all year long and some migrate. 3a. Every year, three million caribou seeking greener pastures migrate more than 2,000 miles across the Arctic tundra. 4c. Whales find their favorite foods, such as krill, in cold waters. However, baby whales do not have enough blubber to insulate them against the cold waters, so whales return to warmer, tropical waters during the winter to give birth.

### Answers

### Migration on Land

**Caribou** live in the snowy tundra of the far north. They migrate each spring to the northern coast where they birth their calves in the summer. In the fall, they migrate south to below the Arctic Circle. Some caribou herds migrate a record 3,500 miles in one year!



### Migration in Water

**Gray whales** migrate between their winter calving lagoons in the warm waters of Mexico and their summer feeding grounds in the cold Arctic seas. They give birth to their calves over the winter and then head north again at the start of spring. They travel 5,000 to 6,000 miles one way, making their migration the longest of any mammal!



### Migration in Air

**Arctic terns** make the longest migration of any animal in the world. They travel from the northern Arctic all the way across the planet to Antarctica and then back again six months later — a distance of close to 50,000 miles! They can make the trip in about 40 days.



# What's a Kid to Do?

Don't leave **energy** efficiency and water conservation in the hands of the rest of your family! There are lots of ways you can participate in saving energy in your home. And that energy savings is extra money your parents can spend on you! Even small actions can add up to big savings for anything from your college fund to a fun summer vacation.

## 1. Turn off lights

This one's easy. No one needs the lights on in an empty room. If you're the last one out of the room, just flip the switch off.

## 2. Check your electronics

This same tip applies to your electronic devices. Turn off the TV, your music, your laptop and other electronics when you're not actively using them. To be even more efficient, you can unplug your computer, TV, VCR, CD or DVD player, and other small appliances that use electricity and energy even when they are switched off! By plugging them into a power strip, you can then switch the strip off when you're finished to reduce this energy waste. If it has a light on when it's turned off, it's still using electricity.

## 3. Shorten your showers

It takes energy to heat water, so you can save energy and water by taking shorter showers or half-full baths. Just the amount of water saved by reducing your daily shower time by five minutes can reduce water use in your house by between 4,500 and 13,000 gallons, depending on the type of showerhead you have.



## 4. Turn off the tap

Be sure to turn the water off while you're brushing your teeth. According to the Environmental Protection Agency, the average bathroom sink faucet flows at a rate of two gallons per minute. You can save up to eight gallons of water a day simply by turning off the tap while you brush your teeth in the morning and at night. That's nearly 3,000 gallons per year saved!

## 5. Be a leak detector

A leaky faucet wastes water, and a leaky hot water faucet wastes the energy used to heat the water. Tell an adult about any leaks you find, so that he or she can arrange to replace worn-out fixtures, washers and hose connections to correct and prevent water leaks.

## 6. Put on a sweater and socks

Instead of turning up the heat in winter, put on a sweater and a warm pair of socks. And be active! Moving around keeps you warmer. This will allow your house to stay at the recommended daytime temperature of 68°F by day and much lower at night. In summer, do the opposite. Dress for a warmer house and keep your air conditioner set at 76°F to 78°F to stay comfortable and use less energy.

## 7. Shut the doors

Year round, be sure to close outside **doors** quickly to prevent heat or air-conditioned air from escaping as you enter or leave the house. This also goes for that other door that's often open in your house — the fridge door! If you find yourself staring into an open fridge to figure out what to eat, you are wasting energy. Make your choice quickly! Make a list of the snacks and drinks you have, or keep snacks in a special section of the fridge.

## 8. Wear it again

If your clothes aren't really dirty yet, wear them again before putting them in the hamper. It takes energy to heat water for washing clothes, and electricity to run the washer and dryer.

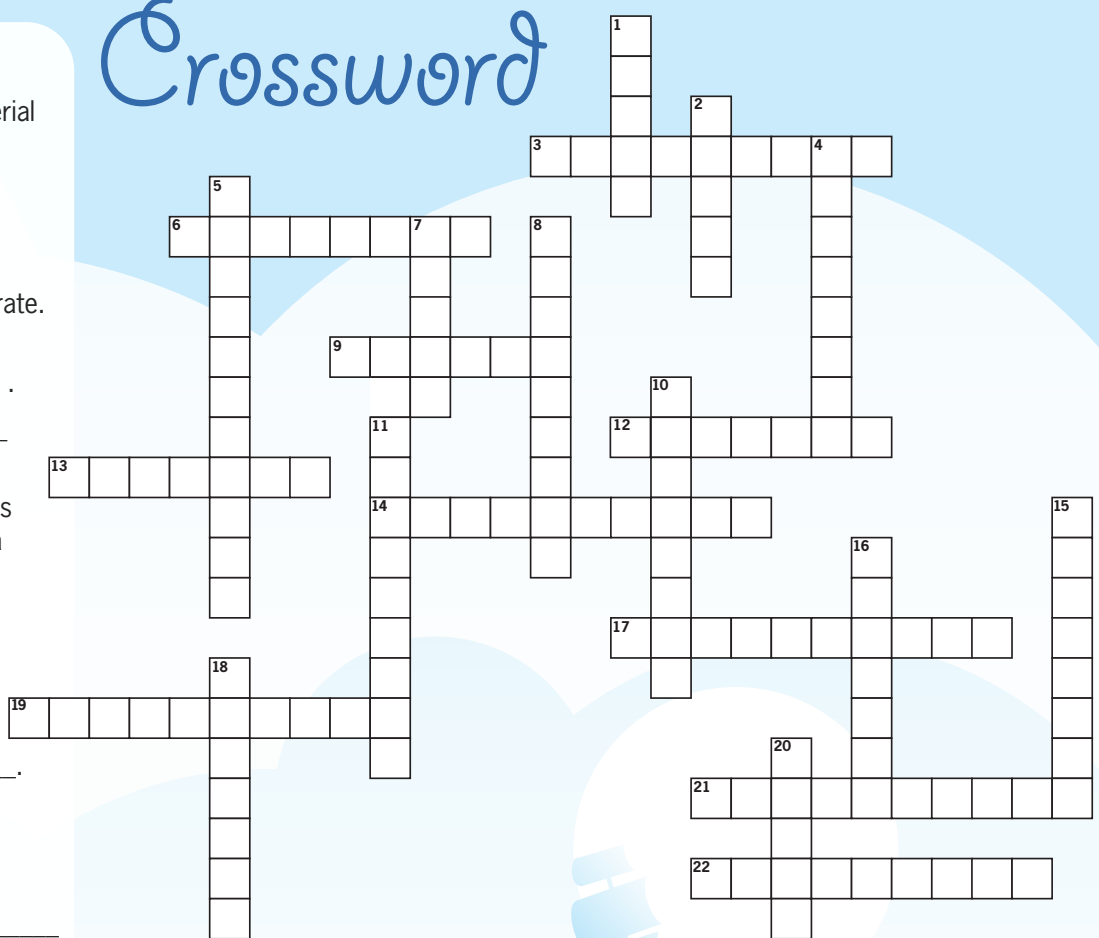
### Across

3. About two thirds of \_\_\_\_\_ generated in the U.S. are recycled.
6. If an entire species of birds flies south for the winter, it is a \_\_\_\_\_ migration.
9. Reducing water and electricity use will increase the \_\_\_\_\_ efficiency of your home.
12. To find warmer \_\_\_\_\_ is one reason animals migrate.
13. \_\_\_\_\_ comes in many different types; some recyclable and some not.
14. USEPA's \_\_\_\_\_ program recognizes food retailers that reduce refrigerant emissions and conserve energy.
17. Foods produced and sold locally are sometimes referred to as \_\_\_\_\_.
19. An annual competition in which high-school students demonstrate knowledge of natural resources and the environment is an \_\_\_\_\_.
21. All aspects of food production and distribution are considered a \_\_\_\_\_.
22. Striving toward \_\_\_\_\_ means reducing your trash and emissions outputs.

### Down

1. The most discarded single material in our waste stream is \_\_\_\_\_.
2. About one third of \_\_\_\_\_ generated in the U.S. is recycled.
4. Using the sun is just one way animals \_\_\_\_\_ when they migrate.
5. An organization owned by all of its members is called a \_\_\_\_\_.
7. Recycling consists of \_\_\_\_\_ vital steps.
8. Unlike reuse, \_\_\_\_\_ requires a material to be transformed into a new product or material.
10. A \_\_\_\_\_ food system can offer the benefits of small farming but over a larger area.
11. When animals move from one area to another, they are \_\_\_\_\_.
15. One of the most recyclable materials on Earth, and the most efficiently recycled, is \_\_\_\_\_.
16. Natural areas can act as \_\_\_\_\_ during storms, protecting populated areas from damage.
18. \_\_\_\_\_ migrators tend to wander about following food sources.
20. You can reduce energy use in your house by keeping \_\_\_\_\_ closed.

## Crossword



Check your answers at the bottom of page 3!

# Meet Dr. Barbara Brummer of The Nature Conservancy in New Jersey



When Dr. Barbara Brummer retired from a 31-year career in the corporate world in 2003, she thought she might teach or relax for a while. But less than a year into her retirement, she became the state director of The Nature Conservancy in New Jersey. The Nature Conservancy is the largest conservation organization in the world, with chapters in every state and a presence in more than 30 countries.

Brummer's personal interest in field biology and conservation made her a good fit for the position, and she has been at the helm of The Nature Conservancy in New Jersey for the past nine years, leading the way as the organization shifts its mission to better meet the needs of both people and nature.

The conservancy was originally founded by scientists to protect

and preserve land. That mission has evolved as the organization realized it was not feasible to protect land "from" people; it needed to protect land "for" people.

"We are increasing engagement with people," says Brummer. "Urban youth are often disconnected from nature, including their food and water supply. We are working to bridge the gap so youth understand the connections."

The conservancy's Leaders in Environmental Action for the Future (LEAF) program provides summer internships to high school students, who work directly with scientists on projects ranging from building osprey nesting platforms to creating rain gardens.

Recently, the New Jersey chapter brought the LEAF program full circle by hiring an intern for its Urban Conservation project in Camden, N.J. The Camden project is the New Jersey chapter's first major urban conservation effort. Its goal is to improve the health of the Delaware

River while improving the quality of life for people by providing an understanding of their water supply, reducing the impacts of stormwater flooding, and enhancing access to key waterfronts.

Brummer believes that the conservancy is so effective because "we value working in partnerships. Whether it's another nonprofit, a corporation or an individual, we know that one group can't accomplish it all." After three years of negotiations, the conservancy, in partnership with the New Jersey Pinelands Commission and Conservation Resources, Inc., recently succeeded in preserving more than 5,000 acres of undeveloped woodlands and wetlands in Atlantic County's Great Egg Harbor River watershed. It was the largest land acquisition in the 58-year history of the New Jersey chapter.

This property provides habitat for threatened and endangered species like the bald eagle, northern diamond-back terrapin, and the Pine Barrens

tree frog, but it's also an example of how valuable unspoiled nature is in protecting the areas where we live and work.

During Superstorm Sandy, the Great Egg Harbor River watershed provided effective buffering for residences, businesses and infrastructure along the coast. The property or **buffers** absorbed much of the storm surge, helping reduce damage to nearby developed areas.

Brummer believes that the biggest accomplishments of the conservancy include projects that demonstrate what she calls "whole-system protection." For example, the conservancy in New Jersey has been working with chapters in New York, Pennsylvania and Delaware to protect the entire Delaware watershed. "Working on a larger scale allows us to have a bigger impact," says Brummer.

Brummer says she loves her "retirement," which has given her a second chance to make a big difference in New Jersey.

## Students Gather at The North American Envirothon

More than 200 enthusiastic and knowledgeable high school students gather each year at the North American **Envirothon**. As the largest high school environmental education competition on the continent, Envirothon is a kind of environmental Jeopardy competition for teens. To make it to Envirothon, students must demonstrate their understanding of the environment by competing against their peers in their home states. They prepare for months for the state-level Envirothon, studying and practicing oral presentations and working as a team. ShopRite has been a "station sponsor" at the New Jersey Envirothon for the past eight years!

Richard Belcher, coordinator of the New Jersey Envirothon, has attended every New Jersey state competition since the program began in 1993. He's also attended seven of the North American competitions. The



The Judges (back row left to right) Joseph Lomax, Lomax Consulting; Christopher Claus, Ocean County Department of Parks and Recreation; Suzanne Forbes, Wakefern Food Corp. (front row left to right) Richard Shaw, USDA-NRCS; Barbara Rosko, Sussex County Supervisor; Salvatore Mangiofoco, Rutgers Cooperative Extension.

(above right) ShopRite's 2012 Envirothon station.



2013 North American Envirothon will be held this year in Montana. Teams heading to the competition represent almost all of the U.S. states and several Canadian provinces.

As N.J. state coordinator, Belcher oversees a team that puts together the one-day New Jersey competition each year. "I get to see the cream of the crop of our state's environmental curriculum programs," says Belcher.

On May 4, about 35 to 45 teams of five high school-age students will come together in New Jersey to be tested on environmental topics

through hands-on interactive problem solving. Most will be high school teams but private groups, such as Boy Scouts and Girl Scouts, and even homeschoolers, are all welcome to participate.

The teams study different natural resource-related topics throughout the school year, including soils, forestry, aquatics, wildlife ecology and current environmental issues. Students work in teams and learn how to cooperate to become better-informed, active participants in natural resource management and problem solving.

"During the course of the competition, the students gain respect for their teammates. Some are intense, and others are there to enjoy the experience as they learn and have a good time," says Belcher.

At the state competition, teams work through five 30-minute, hands-on testing stations and then offer a 10-minute team presentation on a topic provided a week earlier. Three panels of five judges rate the teams.

ShopRite's Environmental Affairs Administrator, Suzanne Forbes, also participated as a judge last year. "Working with the students was a wonderful experience, and the hands-on nature of the event made for a memorable day," says Forbes. "We are thrilled to be able to sponsor such a worthwhile event."

Program sponsors include the N.J. Association of Conservation Districts, N.J. Department of Agriculture/State Soil Conservation Committee, N.J. Department of Environmental Protection, N.J. Soil Conservation districts, Rutgers Cooperative Extension, and the USDA Natural Resource Conservation Service.

Recycling 101: A Primer (continued from page 1)

Choose one or all of the three B's: Bins, Bags, Baskets



Recycling Made Easy

Take a look at your recycling system at home and ask yourself the following questions. You may find you can make your current recycling system more efficient.

- What is recyclable in my curbside program?
- What other materials that I generate are recyclable in my community?
- What materials can go together? What needs to be separated?

Choose the best location:

Reorganize the kitchen pantry to fit bins and make your recycling station easily accessible. Install a bin for mixed paper in the home office and one for junk mail in the foyer. The latter is a great way to stop junk mail at the front door.

Choose one or all of the three B's:

Use stackable bins, bags or baskets to organize your recycling. Be sure to measure before you buy or build bins! And label the recycling station — it won't work if no one knows what to put in the bins, bags or baskets!

Set a schedule: If you take out your recycling every week, it won't get too full or cumbersome. (Paper can get



heavy!) If not everything is accepted where you live, set another schedule for taking those recyclables to a recycling center or other location.

Recycling Tips

**Rinse containers:** Avoid stinky, drippy bins by rinsing recyclables thoroughly. Let peanut butter jars soak overnight and add water to bottles that held shampoo or detergent. Shake them up and get a few more uses.

**Flatten materials:** Break down cardboard and paperboard to save space. Give those milk jugs a stomp, and crush aluminum cans and plastic jugs to save space.

**Study your plastics:** Symbols on the product can help you determine whether it's recyclable. Most communities accept bottles and jugs with the number 1 or 2 on the bottom. Check your local recycling program for guidelines and...“If in doubt, leave it out!” is a good rule of thumb.

For More Information:  
• [epa.gov/recycle](http://epa.gov/recycle)  
• [Earth911.com](http://Earth911.com)  
• [1800recycling.com](http://1800recycling.com)



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- 368 trees were left standing as a result of the recycled paper used in this project.
- 18,353 gallons of water were saved.
- 30,322 pounds of global warming gases were avoided.
- 43,518 kilowatt-hours of energy were saved (8,200 kWh of energy can heat and cool an average American home for one year).
- 708 cubic feet of solid waste were kept out of a landfill.

Printed on Enviro 100 Print — 100% recycled paper made from 100% postconsumer fiber — using vegetable-based inks.

ShopRites Receive Prestigious USEPA GreenChill Awards

The **GreenChill** Program is a U.S. Environmental Protection Agency (USEPA) program recognizing food retailers that reduce refrigerant emissions and conserve energy. Three ShopRite stores recently earned the prestigious award for their sustainable efforts.



Gold

ShopRite of Hatfield, PA Earns GreenChill Gold!

Jim Madanci, operations director (above right), is extremely proud of the store's innovative refrigeration system, which uses carbon dioxide and glycol rather than ozone-depleting refrigerants. Madanci said, “The system is virtually leak-proof and requires less maintenance.” Kevin Sheeler, store operations supervisor (above left), added, “This system was the first to be installed in Pennsylvania.” The two are proud of the award, as well as the energy conservation lighting and other innovative strategies in place at their ShopRite.



Gold

Gold Goes to ShopRite of Brodheadsville, PA!

The ShopRite of Brodheadsville's Green Team (left to right, Tom Kresge, store manager; Rick Jacoby, frozen food manager; Dee Dee Kinsley, owner; Robert Kinsley, grocery; Christopher Kinsley Sr., owner) made sure their store would protect the environment and create a more energy-efficient shopping experience. This resulted in EPA's GreenChill Gold! According to Christopher Kinsley Sr., “Our store has a number of sustainable technologies, including environmentally friendly refrigeration and conservation lighting.”



Silver

ShopRite of Selden, NY Receives GreenChill Silver!

The ShopRite of Selden opened this year and boasts energy conservation and a refrigeration system that is virtually leak-proof. Charles Gallagher, owner (above left) and his son Kyle (above right) are proud of their computerized refrigeration systems, which provide cost savings for the store while conserving energy. “ShopRite has a deep-rooted investment in environmentally friendly practices. We are grateful to be recognized as an EPA partner,” said Charles Gallagher.