5 Easy Ways to Recycle More

The more you know about what's recyclable, the easier it is to incorporate it into your daily routine. Here are five simple and creative ways to recycle and reuse your empty bathroom products.

1. Get a bathroom recycling bin.

Sixty percent of moms report they would be more likely to recycle bathroom products if they had a recycling bin in the room. With a handy bin nearby, you'll never have to think twice about recycling in the bathroom.

2. Make your own recycling bin.

A majority of moms (75 percent) believe that showing their kids how to place recyclable products in the appropriate bin is a teachable moment - and there's no reason why teachable moments can't be décor-friendly! There are plenty of quick and easy DIY hacks, from using a wicker basket to decorating a plain trash bin with wrapping paper that matches your taste.

3. Involve your kids.

Seventy-four percent of moms agree that involving their kids in their to-do lists helps them get more done, and 61 percent would be more likely to recycle if their kids helped out. You can start by creating a recycling chart that rewards kids with fun, earth-friendly prizes like camping or picnics when they remember to recycle in the bathroom.

4. Get crafty.

For items that can't be recycled, instead of tossing them, why not remake them into something special? The Care To Recycle Pinterest page has fun and beautiful upcycling projects, like creating luminaries out of moisturizer jars, vases out of makeup remover bottles, and much more!

5. Create friendly reminders.

Two out of three moms admit to taking on too much during the day, and 80 percent report that forgetting tasks is a normal part of being a busy parent. Try leaving a framed note on your bathroom...
counter, or task your kids with creating a creative poem to help remind you (and your family and guests) to recycle every day!

By following these five simple steps, you'll be well on your way to making bathroom recycling part of your family's daily routine - and helping to raise the next generation of recyclers. Programs like Care To Recycle can offer inspiration for fun, creative ways for the entire family to reuse or recycle your bathroom products. Visit www.caretorecycle.com for more ideas.

6 Surprising Health Benefits of Strawberries

![Strawberries](image)

Eight strawberries, a single serving, delivers on a surprising checklist of benefits for anyone looking to live a healthier lifestyle. Strawberries are much more than a sweet and delicious treat - they are a versatile fruit that's great for your health.

- **Strawberries help you stay sharp.** A recent study in the Annals of Neurology suggests that eating strawberries more than twice a week appears to delay cognitive aging by up to two and a half years.

- **Loaded with nutrients.** Strawberries pack a lot of healthy properties into a small package. Each berry is full of beneficial antioxidants and nutrients, including potassium, folate and fiber.

- **Sweet without the sugar.** The sweet taste of strawberries makes them a natural dessert topping, and strawberries are also low in calories and sugar - one serving of eight strawberries contains just 45 calories!

- **A delicious source of vitamin C.** When you think vitamin C, think strawberries. One serving of eight strawberries has more vitamin C than an orange, topping out at 140 percent of the recommended daily value. It's the perfect power-packed boost that you can add to any meal or cold remedy.

- **A healthy choice for diabetics.** The American Diabetes Association has identified berries, including strawberries, as a perfect component of a diabetes meal plan. This is because strawberries have a low glycemic index and are loaded with vitamins, antioxidants and dietary fiber.

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**Pirates of the Caribbean Trivia**

What are the movies based on?
- A. A Book
- B. A True Story of a Pirate
- C. An Old Sea Tale
- D. A Ride at Disneyland

What port did Captain Jack Sparrow sack without firing a single shot?
- A. Nassau Port
- B. Tortuga
- C. Port Royal
- D. Port Mason

What does Jack fall into after he retrieves the key?
- A. A Pool of Water
- B. A Pit of Animal Manure
- C. An Unmarked Grave
- D. A Well
Cholesterol fighter. Lowering your cholesterol is a common goal for many Americans these days, and strawberries can help. In addition to being packed with antioxidants and fiber, strawberries are also rich in phytochemicals, which have been shown to reduce overall cholesterol levels. In addition, the potassium found in strawberries may help control blood pressure and fight strokes.

It's easy to see why you should eat eight strawberries each day. Grab a handful today - your body and taste buds will be glad you did.

To learn more about the health benefits of strawberries, visit www.californiastrawberries.com.

What nationality are the sailors that find Captain Jack's hat in Pirates of the Caribbean 2?
A. Chinese
B. Italian
C. Hungarian
D. Greek

Strawberry Angel Trifle Recipe

http://www.tasteofhome.com/recipes/strawberry-angel-trifle

Ingredients

- 1 package (16 ounces) angel food cake mix
- 2 packages (3 ounces each) strawberry gelatin
- 3/4 cup plus 1/3 cup sugar, divided
- 2 cups boiling water
- 5 cups fresh or frozen unsweetened strawberries, thawed and drained
- 2 cups heavy whipping cream

Prepare and bake cake mix according to package directions; cool completely. In a large bowl, dissolve gelatin and 3/4 cup sugar in boiling water. Mash half of the strawberries; add to gelatin mixture. Refrigerate until slightly thickened, about 1 hour. Slice remaining strawberries; stir into the gelatin.