



Unilever  
projectSunlight

## Unilever Project Sunlight “Summer Sunlight Activities”

Unilever Project Sunlight, a long-term initiative to make sustainable living commonplace, is urging families to make fun, not waste by participating in Summer Sunlight Activities – an interactive series of fun, easy projects that encourages families to adopt new sustainable habits at home through a series of fun, green activities.

### Green Your Bathroom with its Own Recycling Bin

Did you know that nearly 40 percent of Americans toss plastic bottles from the bathroom in the trash? The truth is, most people don't think about recycling in the bathroom or don't realize bathroom items are even recyclable. So what can you recycle? Check the labels on the plastics in your bathroom for PET (Polyethylene Terephthalate) or HDPE (High Density Polyethylene) plastics. All of those items – including Dove® and Suave® shampoos and body washes – are recyclable. And don't forget about the cardboard. In addition to toilet paper tubes, many medicine, toothpaste and beauty-care products are packaged in cardboard that also can and should be recycled. Create a special place for recycling right in your bathroom to make future recycling even more accessible.

#### What You'll Need

- Empty box (diaper boxes work great)
- Spray adhesive
- Scissors
- Gift wrap
- Packing tape
- Trash bag



#### What to Do:

**Step 1:** Cut off the flaps of the box and set them aside (you'll need them later).

**Step 2:** Measure the paper you will need to cover the large sides and the bottom of the box and add 2 inches on each side; do the same for the small sides and bottom of the box.

**Step 3:** Choose the side you will start working on first (large or small side), and spray adhesive on the respective paper.

**Step 4:** Place one side of the box onto the sprayed paper leaving 2 inches on each side and top. Lay the bottom and then the last side, then fold the 2 inches of extra paper into the box neatly and secure with adhesive. Repeat the same steps to cover the other sides.

**Step 5:** Take both longer flaps and place them side by side (on the long side). Cut enough gift wrap to cover one side leaving 1-2 inches on each of the four sides. Spray the gift wrap with adhesive and place the two pieces in the center; fold over the four sides and secure with tape (don't worry about the exposed cardboard – you won't see it).

**Step 6:** Line your bin with a trash bag and place the wrapped longer flaps at the bottom of the bin (pretty side up).

**Step 7:** Take both shorter flaps and place one atop of the other using the longer side and mend the two together with packing tape to tightly secure. Cut a piece of gift wrap large enough to cover the two pieces leaving 2 inches on the shorter sides, and wrap the cardboard as you would a gift. Affix into your bin to create a divider and 2 compartments – one for plastics and one for cardboard recyclables.

Join the conversation using #brightfuture



Unilever

## projectSunlight

### One Ingredient, Five Ways

Did you know that each year the world produces about 1,477 pounds of edible food for every person on the planet, but only about half of that is ever eaten? Hand over control of weekly meals to your little ones, and teach the entire family that simple ingredients can go a long way. How many different variations can your little chef come up with one ingredient? By planning ahead as a family, you'll not only be educating your children about food waste, but you'll also be able to enjoy a variety of meals now, without the trash later. Who knows, you might even find a budding chef in the process.

### What You'll Need:

- One main ingredient (e.g. potatoes, chicken, etc.)
- Notepad or calendar to plot out meals for the week and to use as your grocery list

### What to Do:

**Step 1:** Challenge your children to come up with five meals for the week using one main ingredient five different ways.

**Step 2:** Have them plot out the meals by creating a weekly calendar with a recipe using their main ingredient for five days – visit [www.knorr.com](http://www.knorr.com) or [www.hellmanns.com](http://www.hellmanns.com) for inspiration.

**Step 3:** Take a family trip to your local grocery store to pick up your main ingredient and any additional recipe items needed for the week.

**Step 4:** Prepare your recipes each day and enjoy as a family.



Join the conversation using #brightfuture