



 The 4R-E principle follows a hierarchical principle, which means that it follows a logical order, from the most important to the least important: 	 The easiest waste to eliminate is waste that is not produced!
	 The most important thing is to REDUCE
 Reduce, Reuse, 	consumption, which is
 Recycle, Recover and 	the first "R" of the 4R-E principle.
Eliminate	
	Reduce/Reuse/Recycle/Recover









 The recycling of cardboard juice boxes in Quebec makes it possible to avoid cutting 131,226 trees per year and saves 295 million litres of water. 	 Did you know that it takes 670 recycled cans to make 1 bicycle? By recycling them, you
 That's 100 Olympic pools filled with water! 	give them a second life!
 Always deposit your juice boxes in the recycling bin. 	

	Recycling paper allows for
Of the 100 kg of	avoiding the emission of
recyclable materials	nearly 390,000 tons of
generated by a	CO2 each year.
household, only 62.5 kg	0
end up in the recycling	That is the equivalent of
bin.	the emissions of 200,000
	cars in a year!
This is just barely over a	\bigcirc
passing grade.	
O passing grade.	

	It is necessary to put all
Aluminum cans can be	soft plastics in the same
infinitely recycled without	bag to facilitate sorting. In
losing their properties.	other words, fill a bag
	with bags!
Recycling aluminum is	
making a simple gesture for	
the good of the planet!	
Soda Soda Soda	

Even when very dirty, aluminum goes to recycling. Just make a little ball with your aluminum plate or foil. Aluminum is the most profitable material to recycle!