

Planetary Wellbeing

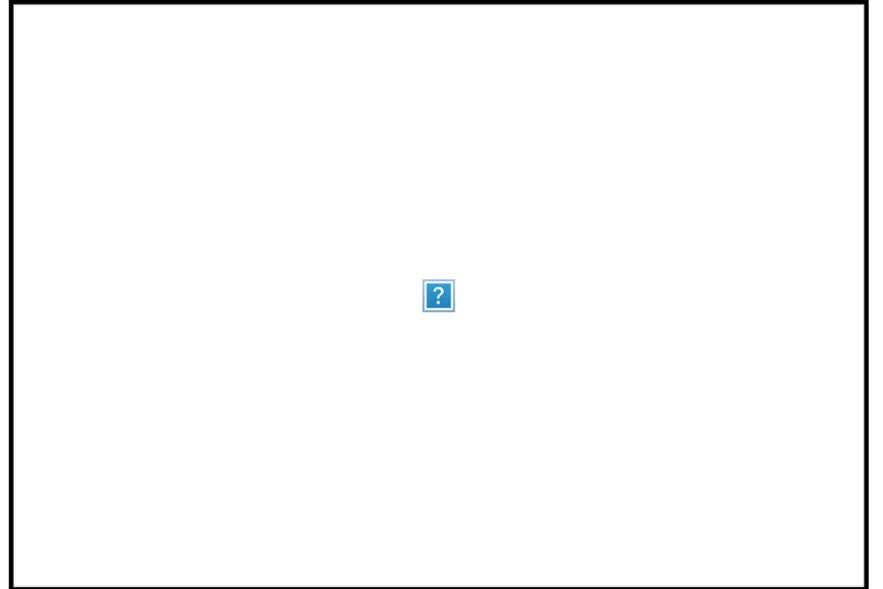
- Cut Pollution & Toxicity
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Green Your Pet's Lifestyle

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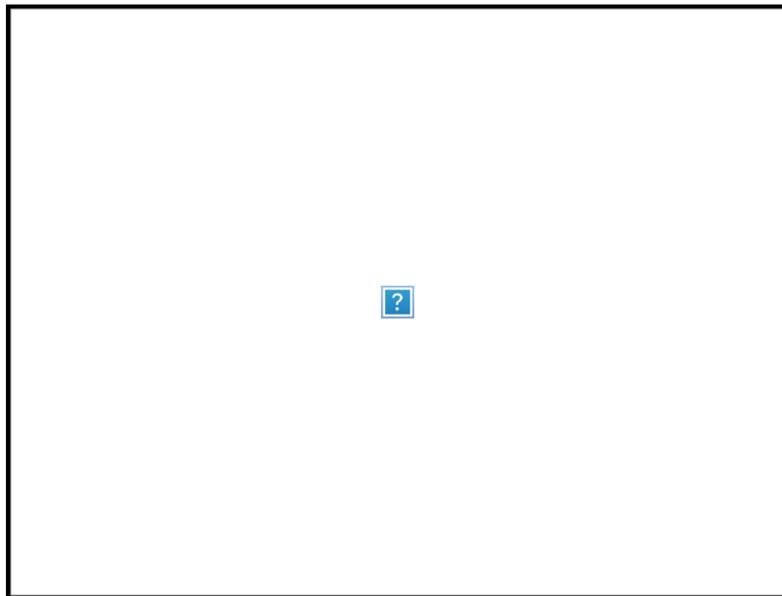
If you're on the look-out for green pet ideas and in need of some inspiration, check out our guide to upcycling for your animal companion. Every day tons of garbage accumulates in our landfills. Most of it is composed of plastic, metal, and wood. Think of all of the missed opportunities represented by this waste! With a little creativity, many of the items we throw away every day can be turned into useful things to enhance the **lives of our animal companions**.

You know our Hearts family gets excited about upcycled fashion. Stephanie (our creative director) said, "We see beauty in everything and have a passion for turning what most people see as nothing into something". Our quick guide to upcycling for a greener pet lifestyle will give you the inspiration you need to see beauty in the waste collecting in your own life!



Quick Guide: Pet Spending

- **\$4.1 billion monthly spending on American pets:** Pet spending in the US has gone up to \$50 billion a year or \$4.1 billion per month. A big chunk of this goes to purchasing food and veterinary expenses, but a portion of it also went to luxuries like beds, pet fashion, and toys.^[i]
- **54% of American trash landfilled = Lost upcycling opportunities:** Americans generate 20.8 million tons of municipal solid waste per month. Out of this, 54% or 1.5 million tons are discarded. Plastics account for 12% of municipal solid waste, wood accounts for 6.4%, and metals account for 9%.^[ii]
- **1.1 million tons of textiles tossed every month:** Textile waste accounts for 5.3% of US municipal solid waste, equivalent to 1.1 million tons per month. Only 15% of these are being recovered for reprocessing or for exporting.^[iii] All are lost opportunities.
- **18 million newspapers wasted daily:** Every single day more than 65 million newspapers are published in the US, 72% gets recycled, leaving 18 million to be sent to landfills.^[iv]
- **800,000 tons of pet waste monthly:** Cats and dogs in the US produce a combined 800,000 tons of waste per month.^[v] That's a lot of clay and landfill space used up by our pets' daily business!



Mani Madness



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Take Action! Reduce Waste with Upcycled Crafts for Animal Companions

1. **Upcycle newspaper for eco cat litter:** Instead of throwing out those old newspapers, you can use them to pick up after your cat (or puppy). This is simple to do using materials like warm water and a bit of baking soda. The entire do-it-yourself upcycled newspaper litter procedure can be found on [thegreenists.com](#). Keep in mind: Upcycling newspaper for your cat's litter box is good for our landfills and it can save you between \$24 and \$60 every month.
2. **Upcycle wood shavings for green cat litter:** If you can find a source for discarded wood chips (like a local contractor or a carpenter's garage), the natural wood makes a great litter, especially since cats love the texture of sawdust. Wood shavings litter can also be composted as long as you are using a hot compost with temperatures over 130 degrees F to kill the bacteria in it.
3. **Upcycle old suitcases and other items into pet beds:** You do not have to say goodbye to your old suitcases when they no longer serve their purpose. These suitcases can provide a luxurious and stylish home for your pet. Just add a pillow or a bit of natural foam and then use the lid as a pocket for your pet's toys. Just make sure you create a way to prevent it from slamming shut (removing the lid can work)! Check out [AtomicAttic](#) for inspiration.
4. **Upcycle kids clothes for pet sweaters:** You may choose to donate your kids' clothes to charity or better yet, upcycle clothing by using it as an eco pet fashion alternative to buying new pet clothes. Rather than spending at least \$10 for a dog sweater, repurposing children's old clothes can be a more creative and more economic alternative. If you wish to add embellishments on your pet's clothes, avoid anything that he or she can choke on such as buttons, feathers, sequins, and

glitter. For complete do-it-yourself instructions on this, check out this [Yahoo! Voices](#) tutorial.

5. **Upcycle reclaimed wood or plastic for a dog house:** Refashion old wood to create the base of the dog house with. The rest of the structure can be made from recycled wood or plastic materials. Add the finishing touches with recycled paint that's collecting dust in your basement. Check out Doityourself.com's [easy-to-follow tutorial](#) to get started.
6. **Upcycle a shower cap into a portable dog water bowl:** While outdoors with your dog, it's important to always be prepared by having a drink for your thirsty pup. Keep an old shower cap in your bag to be safe. Then when in need, fill up the cap with some water from a fountain or your water bottle let him slurp it up!
7. **Upcycle a water bottle into dog toys:** Rather than throwing out water bottles and polluting our landfills more, why not use them to make fun toys for your dog? Place a plastic water bottle inside an old cotton sock and allow your pet to chew on it. Alternatively, use an old peanut butter jar to create a treat dispenser for your doggie using these [YouTube instructions](#). Just be sure to recycle the bottle or jar once your pooch is finished with it.

Dig Deeper: Upcycled Living for Your Pets and More

- [Upcycle Magazine](#) is a great resource for more upcycling project ideas to try.

- If you can't find materials to upcycle in your own bin, check out [Yiuco](#), an online marketplace that lists upcyclable materials for sale.

Images By: [Hey Paul Studios](#) and [Now That's Crafty](#)

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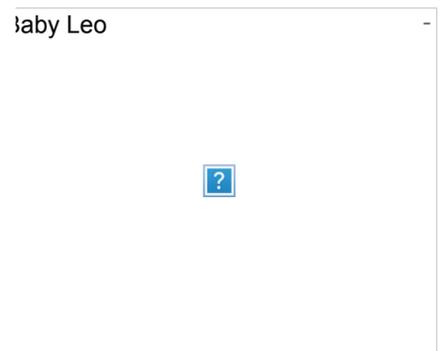
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