

## **How to Recycle/Reuse Tea Bags**

- Add teabags to your compost. Try to purchase organic tea, as some teas use chemicals in their teabag material.
- Use teabags to prevent soil from leaking out of the bottoms of plant containers. When planting in containers, line the bottoms with used teabags instead of rocks or other fillers. You can also line hanging baskets with teabags to help retain moisture (they work better than sphagnum or peat moss!). The bags will slowly decompose and become part of the soil.
- Cut teabags open and collect the tea leaves to mix with your garden or potting soil for added nutrition.
- Use warm or cold teabags for eye treatments. Lie down, place moist bags on your eyelids and allow the tannins in the tealeaves stimulate blood circulation and reduce puffy eye bags and dark rings.

## **How to Recycle/Reuse Coffee Grounds**

- Sprinkle a layer of coffee grounds over your gardens. They provide nutrients and help keep pets out of your garden.
- Fill paper bags or cotton sachets with coffee grounds and seal. Place around borders of house and it will help keep ants out.
- Massage coffee grounds into your dog's wet fur, down to the skin, after shampooing. The aroma kills and prevents fleas!
- Use grounds as a meat tenderizer – coat meat with olive oil, then rub 1/3 cup each of fresh coffee grounds and black pepper into the meat. Chill for half an hour and then grill it!
- Reduce odors on your skin – if you've been cooking with garlic or onions, try scrubbing your hands with coffee grounds before washing. Not only do they absorb the odors, they help soften your skin.
- Try adding a hint of fresh coffee grounds to homemade chili, ice cream or chocolate cake!
- Mix ¼ cup of grounds and 1 egg white, then apply to face. Massage skin, let it dry, then rinse. The granules will exfoliate while the antioxidants help fight free-radical damage. The egg and caffeine temporarily tighten skin.

- Rub grounds through your own hair (in addition to the dog's) to add shine and softness.
- Make a homemade body scrub by combining ½ cup brown sugar, 1 tablespoon vanilla extract, 1 teaspoon cinnamon and 1/8 cup aloe vera oil and mixing them with the day's used coffee grounds. Stir until reaching a pasty cream texture.