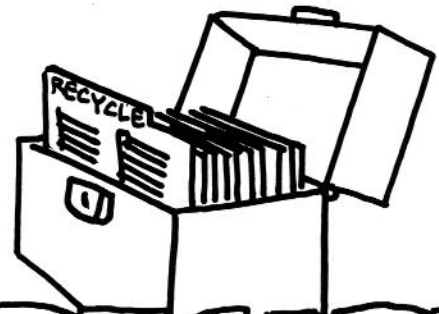


ROSCOE'S RECYCLING RECIPE

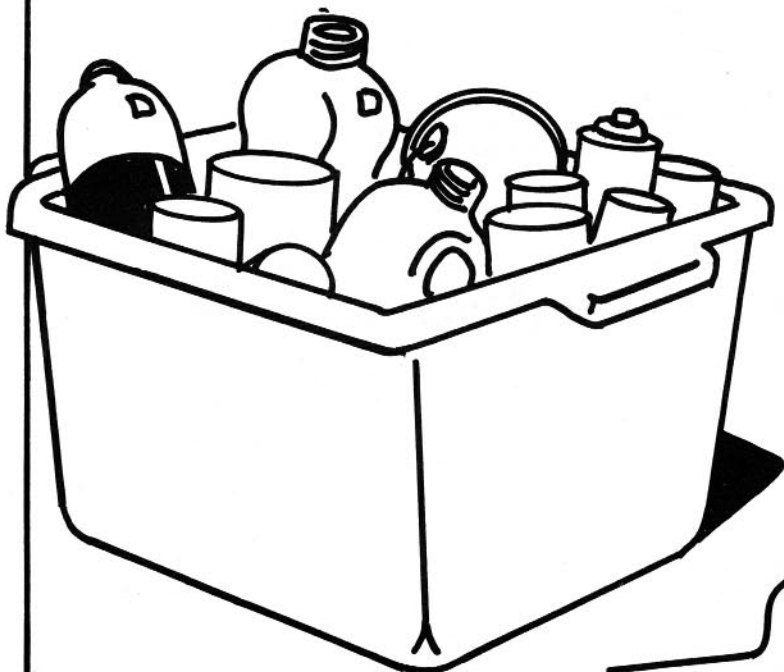


Roscoe knows that eating nutritious food is important. As a can, he also knows that canned foods are packed within hours of harvest, so vitamins and flavor stay in.

Roscoe works in the kitchen with his steel friends, the appliances. These include the stove, refrigerator and dishwasher. He knows that, just like him, the steel from these appliances can be recycled.



Roscoe also knows that steel, aluminum, glass and plastic containers, as well as paper, should be recycled after we have used them.



Roscoe thinks that every food recipe should be followed by a recycling recipe. So here's one now, and you can make this with the help of an adult!

ROSCOE'S RECIPE

Children's Chicken Surprise

Serves 6

- 1 can (14 3/4 oz.) macaroni and cheese
- 1 can (10 3/4 oz.) cream of chicken or mushroom soup
- 1 can (5 oz.) chicken
- 1 can (4 oz.) mushrooms, sliced or stems and pieces
- 1/2 cup (2 oz.) shredded cheddar cheese

Microwave method:

Spoon macaroni and soup into a buttered 1 1/2-quart microwave-safe casserole. Cover and microwave on high power for 3 minutes. Stir to blend. Add chicken and mushrooms and their juice. Stir to mix. Sprinkle with cheese. Microwave on high for 2-3 minutes or until hot and cheese is melted.

Conventional Method:

Combine all ingredients in a buttered 1 1/2-quart casserole. Bake in 350° F oven for 35-40 minutes or until hot. Sprinkle with cheese 5 minutes before it's done.

THEN RECYCLE

- If everyone recycles 95 cans in 1995, we will reach our goal of a 66% recycling rate!
- And if we remember to have our appliances recycled when we're not using them anymore, they will be made into new products, perhaps new cans so you can try out new recipes.

