



Ronald McDonald
House Charities®
Greater Washington, DC

PULL FOR THE HOUSE!

WHY PULL TABS?

It's just so simple!

Pull tabs are easy to collect and store and are less messy than collecting entire cans. Not to mention, there is more concentrated aluminum in Pull Tabs than in the cans, so we can get more money for something a lot smaller! Our commercial recycling partner weighs the tabs and cuts us a check on the spot.



100% of the money we earn is used to offset the cost between the amount families are able to donate for their stay and our actual operating costs - a difference of about \$197 a night. You can easily see that the little pull tab you used to throw away is very valuable to the guest families at our Houses.

COLLECTION CONTAINERS



The biggest challenge for some folks is the collection container. **There is no need for anything fancy here; although, unusual does attract more enthusiasm!**

Re-use and recycle whatever you can find: cereal boxes, potato chip canisters, oatmeal or coffee cans, milk or juice jugs, paper or plastic bags. Make sure to decorate it!



If you need something larger for a place of business, church or club, make sure it's sturdy. Tabs are not heavy individually, but the weight does add up! Groups have used anything from garbage cans to fish tanks to bath tubs and many design and build their own unique creations. See the pictures above for examples!

Place your containers in a convenient, visible location, whether in your home or meeting space. The most fun part of collecting is actually watching your progress and seeing the containers fill up!

Pull TABulations

Weights

1 pound = 1,267 tabs
789 pounds = 1 million tabs
1 ton = 3.2 million tabs

1 meter = 39 tabs
1 kilometer = 39,370 tabs
1 mile = 63,360 tabs
16 miles = 1 million tabs

1 copy paper box = 24 pounds
Large oatmeal container = 2 pounds
Sandwich sized Ziploc = .5 pounds
Gallon sized Ziploc = 2.5 pounds
32 gallon trash can = 80 pounds

Measurements

1 inch = 1 tab
1 foot = 12 tabs
1 yard = 36 tabs

Common Containers

1 Pringles can = 1/3 pound
Gallon milk jug = 3 pounds
2 liter bottle = 1.75 pounds