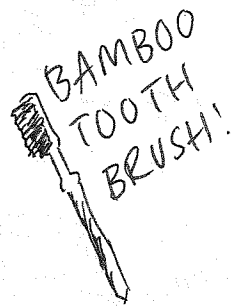


Easy Ways to Reduce Waste

The main problem is that a lot of the things we buy are packaged in plastic and other materials that will never biodegrade in landfills. Here are some ideas to reducing the amount of waste your household produces.

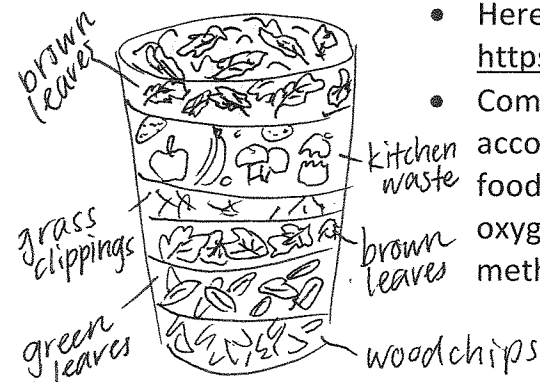
1. Keep an eye out when you are grocery shopping:

- Bring a reusable bags and even mason jars or other containers for grains and nuts
- You don't need the plastic bags for vegetables and fruit – think about what you're doing out of habit.
- Avoid meat packed on Styrofoam. Be aware of what you're using.
- Chose products that are returnable, reusable, or refillable over single-use items.
- 4.7 billion plastic toothbrushes that will never biodegrade are dumped into landfills and oceans every year worldwide. Consider buying bamboo toothbrushes to reduce your contribution.
- Avoid things that are individually wrapped like snack packs and single-serve containers. Buy from bulk bins or large containers of items.
- Pay attention to double-packaging: some are just individually wrapped then packaged again and sold as bulk items.

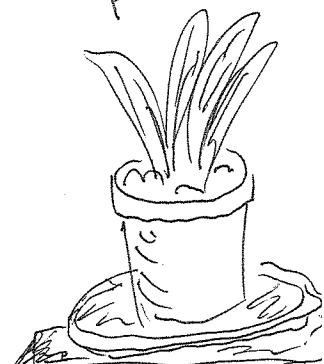


2. Compost:

- Here's a great video to watch on the basics of composting: <https://vimeo.com/55048297>
- Compost food scraps and yard waste. Food and yard waste accounts for about 40% of your household waste. Once the food goes to the landfills – they don't receive enough oxygen so they can't decompose. Instead, they produce methane gas, which is 21 times more harmful than CO².

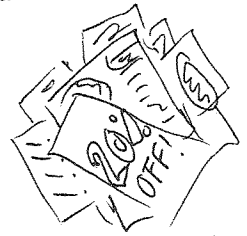
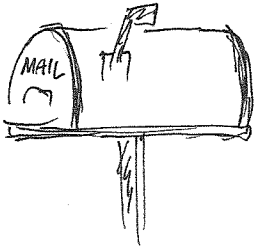


use compost to feed your plants:



3. Stop getting junk mail:

- Register your address here: <https://www.dmachoice.org/>. They're a national trade association for companies that send direct mail – you can register online to opt out of junk mail.
- Did you know that the average American received about 30 pounds of junk mail a year? You can also directly contact companies that are sending you junk mail and ask them to take you off their list.



4. Buy used, sell used, and donate used:

- Cheaper prices, quality items – think about shopping at thrift stores.
- Sell things you don't need or donate them instead of sending them to the trash can.



5. Maintain and repair:

- A lot of products fail because they're not properly taken care of. Give things in your house a break and take care of them. Things like:
 - i. Don't forget to bring your car in for the 10,000-mile service check.
 - ii. Stay on top of painting, replacing leaking faucets and other tasks.
 - iii. Get someone to fix your computer.
 - iv. Resole a pair of shoes you really like.
 - v. Reupholster an old couch instead of throwing it out.



REPAIR
OLD THINGS
LIKE YOUR SHOES



OR COUCH

6. Small things that help big time:

- Get a travel mug to bring with you to the office or coffee shop for your morning coffee, some coffee shops will even give you a small discount for bringing in your own mug!
- Buy silverware that you can bring with you so you don't need to use disposables.
- Get a reusable water bottle, so you can cut back on using disposable water bottles.

