

TIPS ON HOW TO REDUCE YOUR GARBAGE PILE

On average each person in the state throws away 4 ½ -5 pounds of waste a day. As you lift the lid to the garbage pail, take a moment to think whether what you're discarding could be reused, recycled or not purchased in the first place.

PRECYCLE – It's what you do before you get to **RECYCLE**. Consider carefully before buying:

- is the product made from renewable or nonrenewable resources?
- is it reusable or recyclable?
- how is it packaged?
- what will have to be discarded?

Purchase items packed in materials such as paper, cardboard, glass and aluminum, rather than plastic. Look for symbols  on packaging which indicate they are made from recycled material or are recyclable

Buy unwrapped produce – buy a whole pineapple and cut it up yourself, rather than purchasing pre-cut fruit in plastic containers

Buy in bulk rather than individual servings – a large bottle of juice rather than lots of small juice packs

Avoid disposable items such as razors, lighters, plastic plates

Stay away from polystyrene foam

REDUCE

Compost vegetable and other non-meat scraps (along with grass clippings and leaves)

Bring your own bag and refuse the plastic or paper bag

REUSE

Use durable coffee mugs not paper or Styrofoam. Bring your own mug!

Use cloth napkins – not paper Reuse boxes

Use empty jars for food storage Save items for kids' craft/school projects

Pass along outgrown clothes, toys, books or trade with friends

Drop off used items at the thrift shop so someone else can reuse

CLOSE THE LOOP by buying recycled products like toilet paper and greetings cards

REMEMBER!!! If we REUSE things as much as we can and RECYCLE everything we can, we will REDUCE the amount of garbage we make



RECYCLING FACTS

Recycling is the easiest thing that any individual can do to reduce his or her carbon footprint, save energy and protect natural resources

- Recycling 1 aluminum can saves enough energy to run your TV for 3 hours.
- The energy saved by recycling one glass bottle could light a 100-watt bulb for four hours.
- Recycling one ton of newspaper saves 17 mature trees, 7,000 gallons of water, 380 gallons of oil, 587 pounds of air pollution and enough energy to heat a home for 6 months.
- It takes 95% less energy to produce an aluminum product from recycled aluminum than from raw bauxite.
- American shoppers use over 100 billion plastic bags annually; a bag is used for an average of 11 minutes before being discarded.
- Recycling a single plastic bottle can light a 60-watt bulb for up to 6 hours. Americans use 2,500,000 plastic bottles every hour.
- Americans discard 25 billion Styrofoam cups every year – enough to circle the earth 436 times.

