



Reduce, Reuse, Recycle!

Reduce, Reuse, Recycle, we're hearing that slogan more and more. It's no longer just an "in thing to do," it has become a necessity for each and every one of us. In addition to the damage we have seen to the Earth, all communities are now feeling real fiscal impact from inefficient and inadequate approaches to trash disposal. Our goal now must be to make reducing the amount of waste we create commonplace and a matter of course. This brochure provides valuable information on doing just that.

We are now also adding a 4th R to the slogan.

Refuse!

Reduce, Reuse, Recycle, Refuse!

Refuse to purchase products that are packaged in non-recyclable materials. As consumers we can help make all the difference in our communities and the world. Together we can give manufacturers the incentive to step up and do their part as well.

You may consider **Precycling**. This is another way of achieving these goals.

Recharge & Reuse!

Refuse!

Reuse!

What is Precycling?

Precycling is a process where decisions are made before or at the time of purchasing a product to reduce the amount of waste generated.

Precycling Ideas

- Bring reusable shopping bags to the stores
- Buy in bulk which uses less packaging material and avoid single-serving packaged items.
- Buy products with little to no packaging
- Buy products whose packaging is recyclable
- Buy reusable mesh coffee filters instead of single use paper ones.
- Buy rechargeable batteries instead of single use batteries.
- Don't buy Styrofoam since it can not be recycled.
- Don't buy disposable items (e.g. plates, cups, utensils, napkins, paper coffee filters, etc.)

Refuse!

Refuse!

Reuse!

What is Waste Reduction

Waste Reduction refers to reducing the amount of waste produced. An example of waste reduction is to use china and silverware instead of disposable paper plates and plastic flatware.

Starting a Waste Reduction Program

The best way to reduce the amount of waste produced is to look at your trash as you're throwing it out and ask yourself these questions-

What do you throw away?

What materials take up the most space in the trash bag?

Can any items be reused, repaired, or donated?

Can you reduce the number of disposable items used?

Can you substitute products with ones that can be reused or that have recyclable packaging?

Learn what is accepted in your municipal recycling program. Note the items in your trash that are not recyclable. Then the next time you go shopping, try to find recyclable alternatives to those items in your trash.

If you have too many left over products, consider giving them to someone else, or next time buy fewer of them.

Waste Reduction Ideas

- Use both sides of a piece of paper before recycling it.
- Pass on already read books, magazines, and newspapers to friends or coworkers, schools, libraries, nursing homes, churches, or other charitable organizations.
- Buy durable, well-made and/or repairable products.
- Donate used clothing, and household items to charitable organizations. Even if you think an item might be too stained or worn, donate it anyway since it will likely be recycled.
- Use reusable plates, cups, and utensils.
- Use plug-in appliances instead of battery-operated ones.

Reuse!

Donate!

Reduce the Amount of Mail You Receive or Send

- Don't sign up for information you really do not want.
- Remove your name from mailing lists. Contact the individual company directly or visit the websites below for more information.

www.optoutprescreen.com

to be removed from the four major credit bureau mailing lists

www.dmachoice.org

follow the steps to remove yourself from mailing lists

www.catalogchoice.org

to opt out of paper catalog mailings

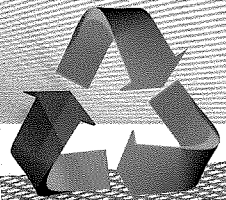
www.yellowpagesoptout.com

to remove yourself from phonebook distributions

- Use emails and e-cards instead of letters and cards.
- Consider going paperless and get your bills and statements online or via email.
- Research products online instead of using catalogs and consider ordering over the phone or online instead of through the mail.
- Read newspapers and magazines online, or at a library instead of having your own subscriptions.

Reduce!

Use!



What is Reuse?

Reuse is a process of finding a second, third or tenth use for an item to prolong its life. Reuse is an important step after you've precycled and reduced.

Who Should Reuse?

People of all ages and in any location can find things that can be reused.

Where Should We Reuse?

Items can be reused at home, at school and at work.

How Can We Reuse?

There can be many ways to reuse common items. A simple search of the web will show you multiple web sites that have great ideas. Some of these ideas are listed here.

- Place plastic lids under greasy or leaky bottles to prevent shelf staining.
- Save margarine and similar food containers for kitchen storage needs.
- Make a spice shaker out of a glass jar and its lid. Simply fill the jar with spices and punch holes in the lid.
- Use your imagination to find other uses for former food storage containers. Clear containers make it easy to see what is being stored, such as buttons, coins, or screws.
- Make drop cloths out of large pieces of cloth or plastic, such as old sheets or shower curtains.
- Even though newspapers and paper towel or toilet rolls are recyclable they can also be used for craft projects, as packing materials, or to protect items during messy jobs.
- Use the back of one-sided papers for scrap paper.
- Reuse boxes or bags as many times as possible.
- Use small boxes (example- jewelry boxes) to organize desk and dresser drawers.
- For picnic or camping trips, use clean and empty bottles with secure fitting caps as reusable ice packs.
- Freeze water in small plastic containers (example- aspirin bottle) for use as a cold compress.
- Use an old toothbrush as a cleaning tool.

For even more Reuse Ideas, visit the Capital Region Recycling Partnership web site at www.capitalregionrecycling.com

Donating Used Items

Material Exchange

When most people think about donating used items, they're thinking about used clothing. In reality, more than just used clothes can be donated to many different charitable organizations. Some examples of items that can be donated are listed below.

- Clothes- clean, intact clothing can be resold as is. When you donate items that you might consider to be too stained or worn, they could be made into rags or insulation material.
- Accessories- shoes, belts, bags, purses, hats, gloves, scarves, etc.
- Furniture- dining room sets, couches, chairs, beds, dressers. Just because it's outdated doesn't mean it's unusable.
- Household items- dishes, drinking glasses, utensils, appliances, etc.
- Health Aids- eyeglasses, hearing aids, crutches/canes, etc.
- Building materials- cabinets, doors, windows, light fixtures, sinks or tubs, hardware, etc.

For a list of organizations that might accept these items, please visit the Capital Region Recycling Partnership web site at www.capitalregionrecycling.com.

Donate- You won't just help the Capital Region. You could be helping others worldwide!

Reduce the Waste

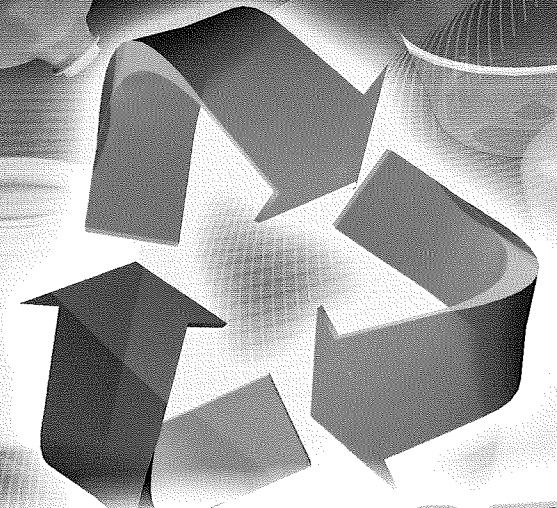
Reuse the Item Again

Recycle the Item

Refuse to Buy the Item At All



Printed on recycled paper



**REDUCE
REUSE
RECYCLE
REFUSE!**

A Program That Works-For All of Us!



Capital Region
Recycling Partnership

www.capitalregionrecycling.com