



Cutting down on trash can save you money and help keep your community clean. Start with some quick and easy steps.

BUY LESS & BUY RECYCLED!

By buying only what you need, you save money, reduce clutter in your home or office, and reduce the amount of “stuff” you end up needing to get rid of. To start with, shop for good quality items that are durable, fixable, reusable, or recyclable.

Choose products made with recycled content, packaged in recycled materials, and close the “recycling loop”. This helps sustain market demand for recyclables so we can constantly put valuable resources back into use.



The average household receives 848 pieces of junk mail, equal to cutting down 1.5 trees every year – or more than 100 million trees for all U.S. households combined.

The world drinks about 50 billion bottles of water per year. 17 million barrels of oil are required to produce those bottles, which is enough to power 1 million cars for an entire year. Bottom line - it takes 2,000 times more energy to produce bottled water than it does tap water.

HOW CAN YOU HELP?

Even the littlest changes can have positive impacts on your wallet, your community, and your environment. Here are five changes you can make to reduce waste.

1. **Go electronic.** Have paper statements that are normally mailed to you – such as bills, financial statements, newsletters – e-mailed to you instead or access them online. Remove your name and address from junk mail and catalogue lists, by visiting: www.dmachoice.thedma.org and www.catalogchoice.org.
2. **If you must use paper, use less.** Use both sides of the paper for printing and copying. Set computer or printer defaults to two-sided copying and make double-sided copies whenever possible. Use unused one-sided print outs for scratch paper.

3. **Limit single-use items.** Avoid buying or using disposable items. Make sure to pack lunches in reusable bags and containers. Use reusable plates, cups, and utensils instead of disposable paper or plastic versions. Use cloth napkins and towels instead of paper products.
4. **Shop smart.** Bring a reusable bag when shopping. If you forget, ask for paper, and pack as many goods in one bag as possible, without double bagging. Also, reduce the amount of packaging by buying products in bulk. Look for products that are packaged in cardboard or paper board instead of plastic and Styrofoam™.
5. **Gift green.** When wrapping presents, choose reusable gift bags instead of wrapping paper. Reuse wrapping paper you receive or create a homemade version using left-over fabric tied with ribbon or string.

An average roll of paper towels costs about \$1.40 for 120 sheets, or a little more than 1¢ per paper towel. A family of four can easily spend 84¢ per week, or about \$44 per year. Although cloth napkins and towels have higher upfront costs, they can save you hundreds of dollars over their lifetime.



Waste Reduction Resources:

There are hundreds of other easy ways to cut down on trash. Check out these useful web resources for suggestions:

- **ReThink Recycling:**
www.rethinkrecycling.com/residents/reduce/top-10-ways-reduce-waste
- **Green Choices:**
www.greenchoices.org/green-living/waste-recycling/waste-reduction
- **Global Stewards:**
www.globalstewards.org/ecotips.htm
- **Eco-Cycle:**
www.ecocycle.org/ecoliving
- **Greatist:**
<http://greatist.com/happiness/eco-friendly-tips-save-cash>



*This handout focuses on the importance of **Reducing Waste**. It is one in a series developed for rural transfer stations to improve safety and promote waste reduction. For additional documents visit: www.newmoa.org/solidwaste/projects/transferstations/publications.cfm.*

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