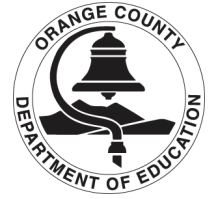




Ideas to Reduce Waste Conservation Commitment



Make a commitment to reduce your amount of trash! Below are some ideas to help rethink your trash or you can come up with your own. Post your commitment up in your house to help remind you and your family to reduce your waste.

- Get a water filter and keep reusable bottles of water full in the fridge for a quick grab and go.
- Bring your own bags to all stores or carry your groceries out without a bag.
- Use reusable produce bags. This will reduce your waste and the produce stays fresh longer in the refrigerator.
- Buy in bulk instead of individually wrapped items.
- Think about packaging: some items use much more packaging than others. Buy items that use less packaging.
- Buy more things that are less plastic-y. Items that are not made of plastic, like paper materials, are easier to breakdown.
- Look for the words “please recycle” on packaging, and reuse or recycle these containers. Make sure to wash or clean all recyclables.
- Compost your fruit and vegetable scraps in a simple compost bin.
- Plant and eat home grown vegetables instead of store bought.
- Choose snacks and drinks that have recyclable or less packaging.
- Use more washable plates and utensils to create less waste.
- Reusable lunch containers, complete with cloth napkin and reusable utensils, metal straw, make it fun!
- Bring your own utensils when you go out to eat.
- Keep a zip lock bag on hand for left overs when you go out to eat (avoid Styrofoam take out packaging).
- Reuse the bags from food products, like bread, tortillas, chips, even if just as a trash bag.
- Reuse glass jars (from salsa, spaghetti sauce, etc.).
- Plan a weekly menu to prepare a shopping list to avoid buying what you don’t need.
- Print a sheet of labels and write the date on leftovers or other food items to avoid food going rotten in the refrigerator or pantry.
- Use more rags and dish cloths instead of paper towels.
- Use cloth napkins instead of paper napkins.
- Only take what you can use, such as napkins when you are out to eat, food at dinner, or bags at the store.
- Reuse gift bags and ribbons.
- Make greeting cards with what you have on hand, like pictures, magazines, old cards.
- Unsubscribe from junk mail and unwanted catalogs.
- Try to shop locally at small stores and farmers markets.