



## Everyday Tips to Reuse and Reduce

### Reuse

- Give your unwanted items to someone who needs them or can reuse them.
- Use products over again—then recycle or discard.
- Purchase reusable grocery bags.
- Use plastic grocery bags for trash can liners.
- Use reusable food containers for lunches and to store leftovers.
- Donate used magazines and books to friends, hospitals, nursing homes, and libraries.
- Make crafts from recycled or reused items.
- Take newspapers or phone books to farmers for animal bedding.

### Reduce

- Buy durable products that last a long time.
- Repair items before replacing them.
- Avoid excess packaging; buy in bulk. Buy concentrated products.
- Buy items made from recycled materials.
- Remove your name from junk mail lists (see link below); cancel unwanted subscriptions.
- Use washable rather than disposable dishware and utensils.
- Use cloth rags/towels instead of paper towels.
- Compost your food scraps and yard waste.

### To learn more.....

- <http://www.westmorelandcleanways.org> (Westmoreland Cleanways)
- <http://www.epa.gov/epawaste> (EPA—reducing solid waste & why)
- <http://www.depweb.state.pa.us> (PA DEP website)
- <http://www.proprecycles.org> (PROP—Professional Recyclers of PA)
- <http://www.freecycle.org> (Excellent reuse resource)
- <http://www.earth911.org> (Recycling and product stewardship)
- <http://www.environment.about.com> (They have an array of environmental topics in addition to recycling).
- <http://www.obviously.com/junkmail/> (Explains how to stop unwanted junk mail, which is a form of “pre-cycling”).
- <http://www.greenhq.net> (Green Headquarters—the name says it all).

*These are just a handful of excellent resources available regarding environmental issues that include recycling and sustainable living.*