

EASY waste reduction TIPS you can use

When you **avoid making garbage in the first place**, you don't have to worry about disposal or recycling! **Changing your habits is key**—think about ways you can reduce your waste when you shop, work and play. There's a ton of ways to reduce waste, save yourself time and money, and be good to the Earth at the same time.



What you can do today...

- 1 Reduce incoming mail at home.** Call 1-888-5-OPT-OUT (toll-free) to stop credit-card offer mailings. One call will reach the major national credit bureaus: Equifax, Experian and Trans Union.
- 2 Maintain your vehicle.** Your vehicle can be a large source of pollution. Take care of your vehicle by servicing it regularly and being responsible for the resulting wastes—especially used oil and oil filters.
- 3 Pack a no-waste lunch.** Pack a meal that does not end up in the trash. You can buy food items in bulk then put them in reusable containers to carry to work or school.
- 4 Use both sides of a sheet of paper.** Reuse paper that's already printed on one side by manually feeding it into copiers and printers. Use it for internal documents like drafts and short-lived items such as meeting agendas or temporary signs.
- 5 Paper NOR plastic.** A sturdy cloth bag is a nice investment. You can throw it over your shoulder for hands-free carrying and it won't rip if you catch it on the doorknob or the car door.
- 6 Keep your house clean.** Remove your shoes when you enter your house. Shoes can track in harmful amounts of pesticides, lead, cadmium and other toxins.

Source: <http://www.reduce.org/>

FACT:

According to the California Department of Conservation, Californians bought more than 20.2 billion beverages in aluminum, glass, plastic and bi-metal containers last year. And they recycled more than 12 billion of those containers—**the highest amount so far!**

Source: <http://www.wastemanagementsd.com/env/recycle.asp>



Recycle San Diego
your easy e-waste solutionSM

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