

Reduce!

**The Philosophy or practice of not
creating or generating waste
materials**

- Buy and use less!
- During the winter, you can save as much as 3% of the energy your furnace uses by lowering your thermostat one degree
- Most cars on US roads only carry one person. We have so much extra room in our 140 million cars that everyone in Western Europe could ride with us!
- Refuse store bags when you are only buying one or two items
- Purchase durable, long-lasting goods
- Turn off the water faucet when brushing your teeth. This simple act can save 3-4 gallons of water every time you brush.

Reuse!

The use of a product or package at least twice, without changing the original form

- If every household reused a paper grocery bag for one shopping trip, about 60,000 trees would be saved. Bring your grocery and produce bags back to the store to reuse them.
- Use the backside of paper to take notes and to do scratch work
- Turn empty jars into containers for leftover food
- Purchase refillable pens and pencils
- Use a refillable coffee mug when you go to a coffee shop
- Use a reusable water bottle to cut down on plastic waste

Recycle!

The separation, collection, and recovery of useful materials for manufacture into new products or raw materials

- Recycling 1 ton of paper saves 17 trees!
- Recycled plastic can be made into sleeping bags, plant pots, playground equipment, and even books!
- Recycling one aluminum can saves enough energy to run a TV for 3 hours
- Practice proper recycling technique and read signs before recycling
- Each person creates 4.6 pounds of trash per day





