

Waste Reduction Habits List

1. Avoid buying aerosol cans. They are dangerous and disposal presents problems. 16% of the cost of the product in an aerosol can goes for the container.
2. Buy bulk, dry dog food. Fortify the food with unsaturated oils, bouillon, vegetables, cottage cheese or leftovers.
3. Aluminum foil should be used, reused, and reused again and then recycled.
4. Reuse jars for other purposes: storing nuts and bolts, leftovers, canning, etc..
5. Use a durable metal tape dispenser rather than disposable plastic ones.
6. Avoid purchasing processed foods, particularly foods that are over-packaged.
7. Refuse bags at a store and tell them why. Take your own shopping bags with you.
8. Use a lunch box instead of a paper bag.
9. Recycle your newspapers.
10. Share magazines. Set up a system whereby each neighbor buys one magazine subscription and then circulates the magazines among the group.
11. Write on both sides of the page.
12. Use foldable stationary that makes itself into an envelope.
13. Use the backs of used sheets of paper for notepads.
14. Use cloth napkins, towels and sponges.
15. Reuse the wax paper liners of cereal boxes for wrapping materials and foods.
16. Avoid disposable diapers and diaper liners.
17. Return used coat hangers to your dry cleaners for reuse. (Some will not take them back.)
18. Don't throw away leftovers - they make terrific casseroles and lunches.
19. Don't throw away items you no longer use. Give them to people who can use them or donate to groups or organizations that will see that they reach potential users.
20. Bring your own drinking glass or coffee mug to occasions where disposables will be used.
21. When possible, use paper clips instead of staples.