

Avoid Single-Use Items



Making small changes in your daily habits to reduce your personal waste, can have big impacts for our environment.

Make Sustainable Choices



How Can This Help?

- Reducing the amount of waste your household produces can help prevent pollution and unintentional litter.
- Reducing your personal waste can help slow your contribution to landfills in your area, which can lower greenhouse gas emissions that are harmful to the environment.
- Using reusable items, such as travel coffee mugs, reusable bags, washable food containers, and reusable water bottles, can help reduce the amount of single-use plastic your household purchases and discards.
- Avoiding single-use plastics in particular can prevent the amount of plastics that end up in landfills, and all too often make their way to our oceans and waterways as debris.
- By using reusable items instead of single-use items, you are helping save energy and protecting natural resources. With less need for single-use items, less raw materials would need to be obtained for production.
- By reducing our reliance on single-use items and relying more on reusing items, we can help improve the environment for future generations.



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Sustainable Decluttering



Deep cleaning can leave you with a pile of unwanted items that you need to get out of your home. Thankfully, there are plenty of sustainable disposal options to avoid the landfill.

3 Tips to Follow

1

Look up proper disposal in the 'What Goes Where' search tool from Recycle Coach.

2

Donate or sell items that are still usable to keep them out of landfills.

3

Repair or upcycle items that can be given a new life in your home.

Things to Keep in Mind:

- Get your whole family involved in spring cleaning, deep cleaning, or decluttering by making a schedule and delegating roles. Working together to declutter your home can help teach the whole family about proper disposal methods for items in your house.
- Use environmentally friendly cleaning supplies and cleaning solutions. Using all natural sponges and cloths will help you avoid plastic waste. All-natural cleaners such as a lemon and vinegar solution can help keep chemicals out of the equation, too.
- Always refer to your municipality's disposal and drop-off information for bulky items, hazardous items, and electronic waste. Look up any of these materials in the Recycle Coach 'What Goes Where' search tool.
- Clothing doesn't go in recycling, but that doesn't mean you can't keep it out of landfill. Make sure to donate, sell, repair, or upcycle your unwanted clothing. Upcycling can be as simple as cutting an old shirt into pieces to make sustainable cleaning rags for your home!
- There are more ways to sell unwanted items than just a yard sale! Try listing items Online through various social media market places, virtual classifieds, or garage sale apps. And if it doesn't sell, see if you can schedule a pick-up with your local donation center instead of throwing it away.



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