

# *Update Your Thinking* **ZERO WASTE**

**REFUSE**

Learn to say NO! Say no to single use plastics and to items that immediately go to the landfill. Don't take that extra plastic fork, straw or drink stir. Bring your own coffee mug/water bottle avoid plastic bottle, cups and lids. Bring your own bag to the grocery store.

**REDUCE**

Purchase Wisely. Consider products with less packaging and/or come in packaging that can be recycled. Buy in bulk. Go digital with billing, your favorite magazines and opt out of junk mail ([www.ecocycle.org/junkmail](http://www.ecocycle.org/junkmail)). You can also ask the mail carrier to stop delivering unwanted circulars in your mailbox. Buy second hand and donate. Use what you buy and consider multiuse, natural or homemade products.

**REUSE**

Start using sustainable alternatives and reusable products. Rethink replacing paper towels and napkins with cloth. Refill smaller household cleanser bottles from larger or refill with homemade cleaners. Reuse plastic food containers. Replace plastic bags with a sustainable choice. Think about fix and repair before throwing away.

**RECYCLE**

Become a better recycler. Know how to recycle plastic bottles, cans, paper and cardboard. Keep food and liquid out of your recycling. Keep your recycling loose - never put in a plastic bag. Make recycling easy by keeping a recycling container next to the trash can.

**ROT**

Compost and turn your kitchen scraps into soil.