

THE MASTER LIST of IDEAS to REDUCE, REUSE AND RECYCLE

Once again citing the EPA, the most environmentally preferred strategy to reduce waste is to not create waste in the first place.

- Sign up for electronic invoices, statements, banking and bill paying. *The trees say Thank You.*
- Order your take-out without plastic utensils and napkins. *Bring your own take out dishes when possible to avoid hot food in plastic containers.*
- Switch to cloth napkins and washable cleaning cloths instead of paper towels and paper napkins. *Remember don't use fabric softener when washing so they absorb better.*
- Use energy efficient light bulbs
- Turn off lights when you leave the room
- Turn off water between uses
- Wash laundry in cold water
- Install low-flow showerheads. *A low flow showerhead can significantly reduce the water coming out of your shower head without reducing water pressure.*
- Use a programmable or smart thermostat for heating and cooling your home. *Check with your power company for rebates and other incentives.*
- Unplug electronics and appliances you don't use often
- Use public transportation, carpool, walk or a ride a bike to get there
- Buy used instead of new. *Check out consignment shops and online marketplaces.*
- Donate new and gently worn clothing and household items to Goodwill or a thrift shop. *Or sell your unwanted items for extra cash at consignment shops and online marketplaces.*
- Reusable and washable shopping bags and totes. *Look for totes that fold down into their own carrying pouch so you always have a bag with you.*
- Carry reusable water bottles. *If plastic, check it is BPA free.*
- Use washable glass or BPA-free plastic storage containers instead of plastic zipper-top bags. *If you must, you can hand-wash, dry, and reuse zipper-top bags as long as they weren't used to store raw meat, fish or eggs.*
- Recycle paper, paper packaging, glass, metal and plastic everywhere you go, not just at home
- Start Composting. *The EPA website explains [composting basics](#), even for apartment dwellers.*
- Recycle your old cell phone and computer equipment. *Check with your local recycling center to see what they accept.*
- Plant a tree. *Even one tree can make a serious impact and do great things for the environment.*
- Plant a garden for herbs and veggies
- Support local farmer's markets close to home and your office