



WASTE NOT, WANT NOT:

What you
can do to
help create
less waste.



PLASTICS WASTE



Bring your own bags to the store.

Bring your own containers, reusable straws and utensils. (Keep them in your car/bag for when you might need them. Call it your Zero Waste Kit.)

Avoid single-use plastic beverage bottles.

Buy alternative forms of common products to avoid plastic containers: toothpaste tablets, bamboo toothbrushes, shampoo and conditioner bars, laundry bars or sheets. Or buy liquid products in bulk and bring your own bottles to a refill store.

Avoid plastic wrap, plastic bags, single-use plastic containers and wax paper for food storage. Switch to reusable glass or stainless steel containers. Saving jars to reuse is a low cost option.

Use reusable cups/mugs for coffee/tea you buy.

Recycle the packaging you do buy in a recycling bin or a thin film plastic collection drop off.

Volunteer to do cleanups or pick a day to do a neighborhood clean up.

Support proposals in your state and community to ban disposable plastics and to adopt extended producer responsibility laws.

If your community or local school district makes little or no effort to recycle, reuse, or reduce the waste it creates, then speak up at local meetings and Board of Education meetings to get the discussion started and follow up!

AVOID FOOD WASTE



Make a meal plan. Use things up in your refrigerator and pantry first so that they don't rot/expire and then get thrown away.

When buying fresh food, buy only what you need that won't go to waste if not eaten/used.

Repurpose leftovers. Be creative!

Freeze extra food when it is safe to do.

Repurpose food "waste." The stems, leaves and even peels of many vegetables - beets, cauliflower, onion skins, carrot ends and peelings, celery tops - can be made into vegetable stock.

Visit local farmers markets, roadside vegetable/egg stands.

Plant your own vegetables.

REDUCE WASTE WHEN SHOPPING



Try to find local no-waste stores. Examples: Reboot Eco in Middletown; Birch & Twine Refillery; FoodWorks in Old Saybrook or Guilford FoodWorks Natural Market.

Reuse, reuse, reuse! Buy reusable water bottles, tote bags, coffee filters to name a few things.

Package free is best, but if you can't find that, look for packages made of cardboard, metal, or glass over plastic.

Borrow, trade, buy second hand. And repair, rather than replace.

Buy used or refurbished electronics and phones instead of new.