

# Waste Facts

On average, each Oregonian generates about **7.0 pounds of garbage every day**. Even though residents are recycling more than ever, the amount we throw away every day is increasing even faster.

Recycling is a great way to deal with the waste we create, but we need to back up a step and prevent our growing mountain of waste. In contrast to recycling, where materials are reprocessed into another product, **waste prevention** is any activity that prevents waste from being generated in the first place.

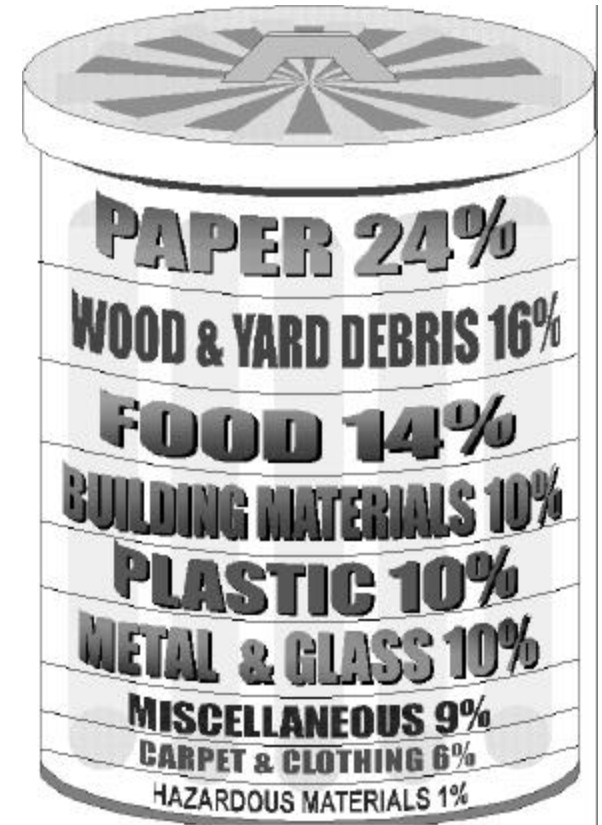
By preventing waste, you can save money, preserve natural resources, prevent pollution, and conserve energy.

Before you buy, ask yourself:

- Do I really need this? Can I buy a used version? Can I borrow or rent one? If a gift, consider a gift of your services: repair, craft, skill, food, teaching, or refurbishing.
- Is this reusable, durable, made of recycled materials or recyclable?
- Is there an alternative that is more recyclable or has less packaging?

Printed on recycled content paper  
Design courtesy of Yamhill County Solid Waste  
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Environmental Quality

## Make Less Waste



## Have More Fun!

{Insert your logo and  
contact information here}

{Insert Company Address Here}

## In Your Home...



- **Save a Tree, End Junk Mail!** Get your name off mailing lists by writing to:  
Direct Marketing Association  
Mail Preference Service  
PO Box 9008  
Farmingdale, New York 11735-9008
- **Purchase products sold in bulk forms** such as flour, pasta, rice, nuts, and spices.
- **Try reusables and refillables** instead of disposables: cloth napkins, handkerchiefs, food storage containers, razors, batteries.
- **Paper vs. Plastic?** Avoid both, Bring your own durable bags! Some stores even give rebates and remember, if you use them, paper bags contain recycled content and are easily recycled in Oregon.
- **Avoid saran wrap and foil when possible,** use tupperware or empty food containers to store leftovers or to carry your lunch.
- **Don't dump your unwanted items,** donate them to thrift organizations or have a yard sale.
- **Compost yard debris and vegetable waste.**



## In Your Office...



- **Double-sided printing:** Always use both sides of the paper! Set all employee computer defaults to "duplex print."
- **Proof documents on screen** when possible and teach employees to use print preview and spell check before printing.
- **Use email!** It's paperless and fast!
- **Establish purchasing guidelines** to encourage waste prevention (buy durable, highly-concentrated, reusable, high-quality products).
- **Circulate memos, periodicals and reports,** rather than distributing individual copies. Make scratch pads from used paper.
- **Refill your toner cartridges and recycle** office paper, glass, plastic and metals.
- **Buy recycled-content products.** Support your office's recycling program by buying the paper made from your old office paper!
- **Use durable dishes instead of disposables,** and keep an extra set of silver ware at work!
- **Encourage carpooling,** biking, and taking the bus to work by offering incentives or discuss possibilities with your supervisor.



## In Your Community...

- **Buy from the classified ads** or from thrift shops whenever possible.
- **Walk, ride your bike,** or take the bus; save fuel and our air quality.
- **Request public recycling receptacles** from city officials and businesses.
- **Write letters** to newspaper editors praising local examples of resource conservation.
- **Teach children** the importance of recycling and resource conservation.
- **Encourage sustainable landscaping** at public agencies, parks and private businesses.
- **Buy compost** made from local yard debris recycling programs and reduce your use of fertilizer.
- **Support the local economy.** Buying locally grown, sold, and manufactured products provides jobs and reduces pollution from freight travel.
- **Share** magazines and books with others and use the library whenever possible.



For more information contact: [Insert Local contact information for solid waste & recycling or waste prevention programs]