



REDUCING PAPER WASTE

There are many simple ways that you can reduce the amount of paper that comes into your home.

- Eliminate junk mail.
- Choose to receive bills and financial statements online rather than through the mail.
- Buy reusable bags for all your food, drugstore and chain store shopping.
- When department store shopping, combine all your purchases into one shopping bag, rather than receiving a new bag at each store. If you are a frequent shopper, some department stores chains now sell reusable bags with their logo.
- When ordering food to go, ask your favorite restaurants to forego menus, napkins, utensils, paper plates, straws and chopsticks, unless you really need them.
- Ask yourself if you really need a bag to carry that deli sandwich back to the office.
- Pack lunches for school and work with reusable containers and placed in a reusable lunch bag that you carry every day. At the office, have your own supply of metal utensils, a cloth napkin and a dish for the microwave. Otherwise, keep your use of napkins to a minimum.
- Be creative at home in reducing or using paper towels. In the kitchen, use a separate dishtowel and hand towel that you change everyday rather than paper towels. Use sponges or rags for cleanups and spills.
- Have a supply of inexpensive cloth napkins at home that you wash and reuse for meals.
- Buy facial tissues, toilet paper, paper towels and napkins that are partially or completely made from recycled paper. The Natural Resources Defense Council has a great guide for making these choices. (<http://www.nrdc.org/land/forests/gtissue.asp>)
- If you must use paper plates and disposable utensils, look for compostable forms.
- Buy items in bulk to cut down on packaging.
- At your computer, if you really must print, use both sides of the paper.
- Use print preview to minimize printing extra, or orphan, pages.
- If your office has no junk mail recycling, bring it home to recycle.