STOP FOOD WASTE

In a recent USDA Study, American consumers waste about one pound of food per day, or 225-290 pounds per year. This is equal to roughly \$900 a year.*

To avoid falling in this statistic, try these food reduction tips:

- · Only buy what you need
- · Pre-plan your meals for the week
- · Store food properly
- Donate unwanted food to food rescue programs
- · Eat leftovers

*www.forbes.com and shrinkthatfootprint.com

In A Nut Shell



6 simple changes you can make to reduce waste in your home.

- · Ditch the plastic bags
- · Start relying on reusable containers
- Start composting
- · Learn to repair rather than discard
- Cancel unnecessary mail and opt out of credit card offers (www.optoutprescreen.com)
- Opt out of using plastic utensils



What do the three arrows represent?

Reduce

- · Visit your local farmer markets for your produce
- · Bring your own produce cloth bags to the store
- · Buy soap bars instead of liquid hand soap that is packaged in plastic

Reuse

- · Clean glass jars and reuse them to store flour, sugar, salt, coffee and tea in the pantry
- · Bring plastic containers to restaurants to store meal leftovers
- Refurbish old furniture or find another use for it around the house

Recycle

- · Visit our recycle depots
- · Keep your recycling clean and contamination free
- Return your redeemable beverage containers to your local BottleDrop location

Stay informed!

Think before you generate.

If you have additional recycling questions, please contact our Recycling & Educational Outreach Associate at: recycle@sosanitation.com

or call

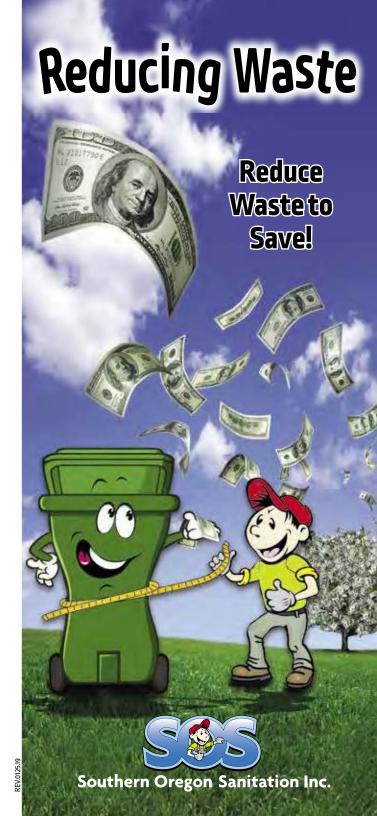
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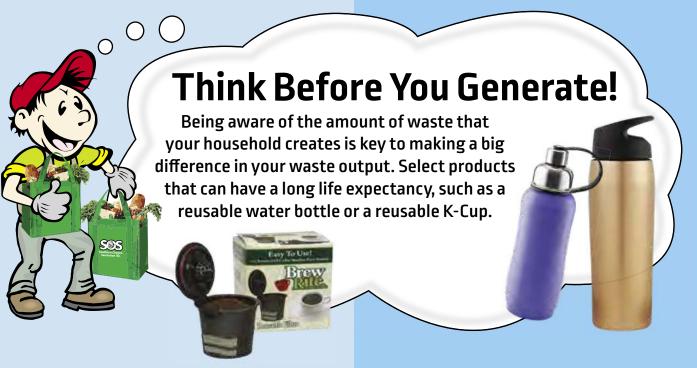
www.sosanitation.com



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Single Use Alternatives

Plastics are one of the biggest challenges the world is facing right now. There are many small changes that we can do to create a healthier environment for ourselves to live a life with less plastic.







Rent It

Sometimes for do-it-yourself projects, you can rent a specific piece of equipment or a special tool rather than buying it to use once. Rentals are a great solution.



Tired of the Clutter?

Not only are yard sales a great way to get rid of your unwanted items, but it will provide a **second life** for your possessions.



Donate It

Donating items is a great way to extend a product life cycle.

Still have questions?

When in doubt, let the Waste Wizard Help!

Download our FREE app or visit our website for an easy-to-use waste directory! Search a material and see which cart it should go in, where it can be recycled or dropped off for reuse.

www.sosanitation.com

SOUTHERN OREGON





Make Your Recycling Efforts Count.