

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

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13, 11, 04, 03, 01, 16, 05, 07,
08, 10, 09, 17, 18, 60, 61, 02, 06



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

541.479.5335

www.sosanitation.com



Southern Oregon Sanitation Inc.

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Reducing Waste

Reduce Waste to Save!



Southern Oregon Sanitation Inc.

REV012519



Think Before You Generate!

Being aware of the amount of waste that your household creates is key to making a big difference in your waste output. Select products that can have a long life expectancy, such as a reusable water bottle or a reusable K-Cup.



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.

USE THIS



Reusable Bags



Reusable Beverage Container



Reusable Stainless Straws

NOT THIS



Plastic Bags



One-Time Bottle Usage



Plastic Straws

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.



Things like ladders, pressure washers, lawn rollers, paint sprayers and cement mixers make great rentals. Inquire at your local home improvement store for options.

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

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Make Your Recycling Efforts Count.