

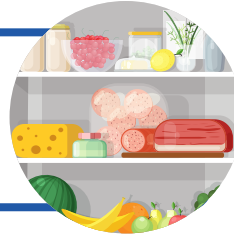
Choose to reduce!

# Guide to reducing waste



1

Practice FIFO (First in, first out). Place older foods to the front of your fridge, freezer or pantry and put the new ones in the back.

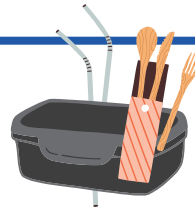


Buy only what you need.  
Create a list to prevent impulse buying.

2

3

Welcome alternatives to disposables.  
For example, swap paper towels for reusable rags, sandwich baggies for stainless containers.



Use reusable bags, water bottles, straws and coffee cups.

4

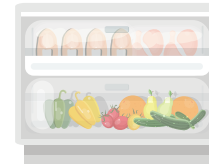
5

Donate or sell old clothing, toys, electronics that are still in good condition.



6

To minimize paper waste, photocopy and print on both sides of the paper.



Use your freezer to extend the life of your fresh produce.

7

8

Use glassware, reusable cutlery, dishes and cloth napkins at all times.



Learn to repair items instead of discarding them.

9

10

Reduce paper waste by canceling unwanted mail, opting for paperless billing and printing/writing on both sides of the paper.

