



GreenTip
How Do You Measure Up?

The 3 R's: Reduce, Reuse, Recycle

When you're thinking about **going green**, the first principal to understand and embrace is **The 3 R's**, or **Re3** – **REDUCE – REUSE – RECYCLE !!**



REDUCE!

Reduce your impact on the environment. Think about the consequences of your actions – how your personal decisions affect our environment. Reduce the amount of energy and natural resources that you use. Walk, ride your bike or take a bus to the grocery store. Turn off lights and appliances when not in use. Buy goods produced from recycled materials.

Reduce the amount of waste you throw away. Choose products that have less packaging or are packaged in recyclable containers. Buy in bulk. Purchase items that can be used more than once – shoot for reusable rather than disposable.

Reduce the toxicity of the products you use. Read the labels on cleaning products, and other household items and purchase those containing non-hazardous ingredients. Avoid products containing chemicals that are labeled as hazardous, corrosive, flammable or poisonous.

REUSE!

When making a purchase, consider whether or not the product or its packaging is reusable. For example, use a ceramic coffee mug every day at the office instead of grabbing a disposable paper or Styrofoam cup that ends up in the trash can. Use a cotton dish towel and sponge to clean up messes in the kitchen instead of paper towels.

Before throwing away household items and clothing, think about whether they might be usable by others and consider donating them to a local charity or thrift store.

RECYCLE!

When a product or its packaging is at the end of its useful life, recycle it. Cardboard and chipboard boxes can go into your recycle bin, along with glass bottles and jars, metal cans and plastic bottles and jugs. Paints, batteries, electronics, and fluorescent tubes and bulbs can be recycled through the Household Hazardous Waste Program. Plastic grocery and retail bags can be recycled by returning them to the grocery store. Don't throw items in the trash that can be recycled into more useful products – recycle them!