

# SUSTAINABILITY 101

## REDUCE:

Make less trash

- Buy products with little to no packaging
- Buy fewer things and only what you need
- Don't use single-use items, like plastic water bottles or zip lock bags
- Use plastic and/or paper alternatives, like bamboo



## REUSE:

Use it more than once

- Use reusable dinnerware and drinkware for your meals
- Use tupperware or glass containers for leftovers, storage of food items, and drinks
- Instead of grocery bags, try a reusable shopping bag
- Buy refillable products

## RECYCLE:

Don't throw them away

- Keep plastics, aluminum, glass, cardboard and paper out of the landfill
- Donate clothing, furniture and other items
- "Recycle" your organic waste by composting



## RECOVER:

Use waste for something else

- Some things are able to be recovered and used or turned into useful things like textiles or electricity
- Buy products like clothing, shoes, school supplies, and bottles made from recycled or sustainable materials

## SOME COMMONLY RECYCLED ITEMS ARE:

- Plastic containers, jugs and bottles (numbers accepted vary by location)
- Soda, soup/veggie cans
- Glass bottles and containers (vary by location)
- Paper, magazines, newspaper, junk mail
- Cardboard



## LITTLE KNOWN FACTS:

- Each person generates about 4.9 pounds of waste each day
- 23.05% of municipal solid waste (MSW) is paper products
- 33.7% of MSW is organic material
- plastic products make up 12.2% of MSW
- 31.05% of waste includes various inorganics like metal, textiles, glass, etc.
- C&D (construction and demolition) materials are the largest portion of generated waste

## BENEFITS OF RECYCLING:

- Reduction in the amount of waste sent to landfills or combustion facilities and litter
- Conservation of natural and raw resources such as timber, water, and minerals
- Prevention of pollution and energy use by reducing the need to collect new raw materials
- Save energy
- Reduction of greenhouse gases and emissions that contribute to global climate change
- Help to sustain the environment for future generations
- Help to create jobs in recycling and manufacturing industries

## RECYCLING FAQ'S:

**Q:** What is recycling?

**A:** Recycling is the process of collecting and processing materials that would otherwise be thrown away as trash and turning them into new products.

**Q:** What are the most common items that I can put into my curbside recycling bin?

**A:** You can usually recycle paper, cardboard, plastic containers and jugs, glass containers, and soda/soup/vegetable cans. Always check with your hauler.

**Q:** What should I never put in the recycling bin?

**A:** Never put food, anything soiled, batteries, plastic bags and grocery bags, plastic wrap, styrofoam, motor oil, hazardous chemicals, electronics, foil, and needles in the recycling bin.

**Q:** Do I need to separate my recyclables?

**A:** You are not required to separate your items into separate bins labeled paper, plastic, etc. Place your mixed recyclables into the same bin.

**Q:** Can I throw food waste in the recycling bin?

**A:** Only the items intended for recycling are allowed in the recycling bin (check with your hauler). Food waste should be composted or disposed of in the trash.

**FOR MORE INFORMATION, CALL THE TAZEWELL COUNTY HEALTH DEPARTMENT AT 309-929-0272 OR [EH@TCHD.NET](mailto:EH@TCHD.NET)**

