

# Beyond Waste at home



## waste reduction checklist

### Stop waste before it happens!

Use this checklist and list of resources to reduce waste, conserve resources, save money and create a more sustainable household.



#### Use Durable, Reusable and Washable Items

- ☐ Coffee cups and travel mugs
- ☐ Water bottles
- ☐ Cloth grocery and shopping bags
- ☐ Plates and cups
- ☐ Silverware/serving utensils
- ☐ Cloth napkins and tablecloths
- ☐ Food storage containers
- ☐ Cloth towels, rags and wipes
- ☐ Cloth diapers, wipes and bibs
- ☐ Garment bags
- ☐ Lunch totes

**\*NOTE:** If you use disposable kitchenware, consider compostable plates and recyclable cups. When ordering food "to go," ask the restaurant not to include napkins and single-use silverware.



#### Use Less Paper

- ☐ Use "print preview" and only print what you need
- ☐ Set your printer default to double-sided
- ☐ Purchase paper with a high recycled content
- ☐ File documents electronically
- ☐ Subscribe to newspapers and magazines online
- ☐ Receive bills electronically
- ☐ Stop junk mail
- ☐ Cancel phone books
- ☐ Cancel catalogs

#### Shop Sustainably

- ☐ Use reusable shopping bags
- ☐ Purchase products made with recycled content
- ☐ Look for products with less packaging
- ☐ Buy food in season and shop at local farmers markets or stores selling local products
- ☐ Choose lotion and toothpaste in tubes instead of pumps
- ☐ Purchase milk from local farms in reusable glass containers
- ☐ Dehydrate and can fruits and veggies for year-round use of local, seasonal harvests
- ☐ For birthdays, holidays and special occasions, give homemade gifts or buy gift certificates for services and experiences
- ☐ Reuse boxes, bubble wrap and other packaging materials or drop-off for reuse at mailing or shipping businesses

#### Rent, Share and Purchase Secondhand

- ☐ Garden tools
- ☐ Shop/auto tools
- ☐ Power tools
- ☐ Clothing/accessories
- ☐ Baby, toddler and kids' gear
- ☐ Sports equipment



## More Waste Reduction Tips

### Be a Greener Cleaner

- ☐ Use cloth rags and wipes
- ☐ Make homemade household cleaners
- ☐ Buy environmentally friendly cleaning products

### Garden Naturally

- ☐ Compost food scraps at home with a worm bin or "green cone"
- ☐ Mulch and grasscycle
- ☐ Plant native plants
- ☐ Grow your own food
- ☐ Compost yard waste in your backyard
- ☐ Use rain barrels
- ☐ Manage pests and lawn without toxic products
- ☐ Raise chickens!



### Build Green

- ☐ Research green home remodeling resources
- ☐ Purchase environmentally friendly products
- ☐ Use low VOC paint and reclaimed wood
- ☐ Purchase low flow faucets and toilets
- ☐ Replace lights with compact fluorescent light bulbs (CFLs)
- ☐ Recycle construction, demolition and land clearing debris
- ☐ Donate reusable unwanted items

### Go Green Together

- ☐ Conduct an audit of your trash and recycling containers. Make a list of what is thrown away/recycled in one week. Use this list to identify ways you can reduce waste or replace single-use items with durable alternatives.
- ☐ Talk about why reducing waste is important and brainstorm waste reduction ideas as a family
- ☐ Share recycling and food composting chores so everyone learns what goes where
- ☐ Shop and cook together as a family
- ☐ Start a garden with shared and assigned areas

### Safely Dispose or Recycle These Products\*

- ☐ Used motor oil
- ☐ Oil-based paint, thinner and solvents
- ☐ Pesticides and garden chemicals
- ☐ Electronics and cell phones
- ☐ Pool and hot tub chemicals
- ☐ Auto and boat chemicals
- ☐ Large propane tanks (5 gallons)
- ☐ Non-alkaline batteries
- ☐ Fluorescent light bulbs & tubes
- ☐ Unwanted or expired medicine

\*None of the products listed here are allowed in the garbage in Seattle or King County



[www.cleanscapes.com](http://www.cleanscapes.com)

## Helpful Resources

### ... to reduce

- ☐ **Seattle Junk Mail Project** [seattle.catalogchoice.org](http://seattle.catalogchoice.org)
- ☐ **King County Junk Mail Reduction Project** [your.kingcounty.gov/solidwaste/wasteprevention/junkmail.asp](http://your.kingcounty.gov/solidwaste/wasteprevention/junkmail.asp)
- ☐ **Cancel Yellow Pages** [www.seattle.gov/stopphonebooks](http://www.seattle.gov/stopphonebooks)
- ☐ **Cancel Catalogs** [www.catalogchoice.org](http://www.catalogchoice.org)
- ☐ **Insurance and Credit Card Offer Opt-out** [www.optoutprescreen.com](http://www.optoutprescreen.com)
- ☐ **Seattle PaperCuts** [www.seattle.gov/papercuts](http://www.seattle.gov/papercuts)
- ☐ **Greener Cleaners** [www.watoxics.org](http://www.watoxics.org)
- ☐ **Styro Recycle** [www.styrorecycle.com](http://www.styrorecycle.com)

### ... to reuse

- ☐ **King County Materials Exchange** [your.kingcounty.gov/solidwaste/exchange/index.asp](http://your.kingcounty.gov/solidwaste/exchange/index.asp)
- ☐ **Goodwill** [www.goodwill.org](http://www.goodwill.org)
- ☐ **Freecycle** [www.freecycle.org](http://www.freecycle.org)
- ☐ **Seattle Craigslist** [seattle.craigslist.org](http://seattle.craigslist.org)

### ... to shop smart

- ☐ **Washington Farmers Markets** [www.wafarmersmarkets.com](http://www.wafarmersmarkets.com)
- ☐ **Seattle Tilth Producers Directory** [www.tilthproducers.org](http://www.tilthproducers.org)
- ☐ **EPA Let's Go Green Shopping** [www.epa.gov/wastes/education/pubs/shopping.htm](http://www.epa.gov/wastes/education/pubs/shopping.htm)
- ☐ **Puget Sound Fresh** [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org)
- ☐ **EPA DoF Certified Products List** [www.epa.gov/dfe](http://www.epa.gov/dfe)

### ... to remodel

- ☐ **King County Eco-Cool Remodel Tool** [your.kingcounty.gov/solidwaste/greenbuilding/eco-remodel.asp](http://your.kingcounty.gov/solidwaste/greenbuilding/eco-remodel.asp)
- ☐ **City of Seattle Green Home Guide** [www.cityofseattle.net](http://www.cityofseattle.net)
- ☐ **CDL Recycle** [www.cdlrecycle.com](http://www.cdlrecycle.com)
- ☐ **EPA Green Building Program** [www.epa.gov/greenhomes/ReduceWaste.htm](http://www.epa.gov/greenhomes/ReduceWaste.htm)

### ... to garden & compost

- ☐ **Garden Hotline** (206) 633-0224 [www.gardenhotline.org](http://www.gardenhotline.org)
- ☐ **Seattle Tilth** [www.seattletilth.org](http://www.seattletilth.org)
- ☐ **Seattle P-Patch Information** [www.cityofseattle.net/neighborhoods/ppatch/links.htm](http://www.cityofseattle.net/neighborhoods/ppatch/links.htm)
- ☐ **King County Composting Resources** [your.kingcounty.gov/solidwaste/naturallyardcare/howto.asp](http://your.kingcounty.gov/solidwaste/naturallyardcare/howto.asp)
- ☐ **City of Seattle Natural Lawn and Garden Care** search "Natural Garden Care" [www.seattle.gov/util](http://www.seattle.gov/util)
- ☐ **King County Extension Master Gardener Program** [king.wsu.edu/gardening/mastergardener.htm](http://king.wsu.edu/gardening/mastergardener.htm)
- ☐ **Urban Chickens** [www.urbanchickens.net](http://www.urbanchickens.net)

### ... to learn more

- ☐ **Waste Reduction Tips** [weeklytips.cleanscapes.com](http://weeklytips.cleanscapes.com)
- ☐ **WA Department of Ecology Kids Activities** [www.ecy.wa.gov/programs/swfa/kidsPage](http://www.ecy.wa.gov/programs/swfa/kidsPage)
- ☐ **EPA Kids Club** [www.epa.gov/kids/](http://www.epa.gov/kids/)
- ☐ **King County EcoConsumer Waste Calculator** [your.kingcounty.gov/solidwaste/ecoconsumer/index.asp](http://your.kingcounty.gov/solidwaste/ecoconsumer/index.asp)
- ☐ **EPA Consumer Tips** [www.epa.gov/epawaste/wywd/funfacts](http://www.epa.gov/epawaste/wywd/funfacts)
- ☐ **King County What Do I Do With?** [your.kingcounty.gov/solidwaste/wdidw](http://your.kingcounty.gov/solidwaste/wdidw)

### ... to safely dispose of hazardous items

- ☐ **King County Materials Exchange** [your.kingcounty.gov/solidwaste/exchange](http://your.kingcounty.gov/solidwaste/exchange)
- ☐ **King County's Hazardous Waste Management Program** [www.lhwmp.org](http://www.lhwmp.org)
- ☐ **E-Cycle Washington** [www.EcycleWashington.org](http://www.EcycleWashington.org)
- ☐ **Take It Back Network** [www.takeitbacknetwork.org](http://www.takeitbacknetwork.org)
- ☐ **Take Back Your Meds** [www.takebackyourmeds.org](http://www.takebackyourmeds.org)
- ☐ **Total Reclaim** [www.totalreclaim.com](http://www.totalreclaim.com)