

Practicing the 4R's at Home!

Tips & Tricks

Reducing your waste can seem hard, especially when it feels like everything is wrapped in packaging! Here are a few tips for practicing the 4R's (**Reduce, Reuse, Recycle, Rot**) at home.

Bulk Buy: Small snack bags are perfect to pack in our lunches, but they create a lot of waste that gets sent to the landfill. Instead, buy a bigger container of your favorite snack and pack them in reusable containers. This is also a great way to reduce the number of trips you take to the grocery store.

Reuse Reuse Reuse: Store leftovers in containers instead of plastic bags. If you prefer plastic bags or it's what you have on hand, give them a quick rinse so you use them more than once.

Instead of putting plastic food containers from restaurants and markets in the recycling or trash, clean them out and use them to store food or other small household items.

Dismiss Disposables: When ordering food to-go or delivery, ask the staff not to include disposable utensils if you will be eating at home.

Instead of using paper towels, try using more cloth napkins or small hand towels that can be washed when necessary.

Beeswax wrap is an easy, sustainable alternative to one-use plastic wrap. You can even make your own!

Successful Storage Systems: Try to eat food that will spoil first - move them to the front of the fridge or create a special, designated area for them and tell the people you are living with!

Bad Banana Becomes Bread: Be creative with produce that is past its prime. Soft fruits can go into smoothies and wilted vegetables can be added to soup or stew.

Clean Clutter but Curb Waste: If you plan to start spring cleaning early, save items that you don't want but are in good condition for donation.