

# Reduce waste to save your energy and money: *Here's How*

Provided by your Recycling Block Captain, Summer 2015. More guides at <http://tiny.cc/wpatcapt>.

**TAKE CHARGE CORVALLIS**

**Sign Up Now  
& Start Saving!**

**IT'S A \$5 MILLION WIN-WIN!**

Corvallis is 1 of 50 semi-finalist cities competing for a \$5 million energy prize. If we reduce our residential and municipal energy use the most, WE WIN!

You can help our community and reduce your energy bills by participating in the Take Charge challenge. Your Energy Prize Points will enter you to win a \$10,000 Grand Prize!

**REGISTER NOW** at [EnergizeCorvallis.org/TakeCharge](http://EnergizeCorvallis.org/TakeCharge) and start saving energy (and money) today!

## What does this have to do with waste reduction?

With the world population and the corresponding demand for resources growing continuously, there are many reasons to practice the 3 R's – Reduce, Reuse, and Recycle.

An often overlooked benefit of taking these actions is the amazing reduction in energy consumption that can be achieved.

For example, even when you factor in the energy required to transport, sort, and process recycled materials, it is still much more energy efficient to produce new products from recycled materials than it is to mine or harvest raw materials and process them.

See the back of this flyer for a short list of actions you can take to help reduce overall energy consumption. For more ideas and to register for the challenge visit [EnergizeCorvallis.org/TakeCharge](http://EnergizeCorvallis.org/TakeCharge)!

See tips on other side

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# Simple Steps to Reduce Waste & Save Energy: *Take your pick!*



= Take the action for one year and the CO<sub>2</sub> savings are equivalent to not driving a vehicle for this # of miles.

- ❑ **Air-dry hands** instead of using paper towels; or, use cloth towels that can be laundered. 
- ❑ **Bring reusable cloth bags to shop** instead of using paper or plastic.
- ❑ **Stop unsolicited junk mail.** Opt out online or register with the Direct Marketing Association, [www.dmchoice.org](http://www.dmchoice.org).
- ❑ **Compost food scraps and yard waste.** Start a backyard compost pile/bin or use Republic Services curbside yard cart for grass, shrub, and other organic materials. Countertop lidded containers (e.g. old ice bucket) make transfer to the backyard or cart easy. 
- ❑ **Pay bills online.** Reduce paper use, save trees and reduce carbon emissions, while also saving time and money!
- ❑ **Use a reusable mug** and say “No” to the disposable cup. Some coffee shops may even give you a discount!
- ❑ **Use a reusable water bottle.** Help reduce the 50 billion bottles of water bought every year. Better for the environment, your health, and your pocketbook! 

- ❑ **Refill ink cartridges** instead of buying new ones. Most cartridges can be refilled. If not, they can usually be recycled. Rapid Refill in downtown Corvallis offers these services, 541-758-8444. Call in advance to learn what they will accept. 
- ❑ **Bring your own reusable containers for takeout** or leftovers.
- ❑ **Buy second-hand and donate unwanted items** to thrift stores instead of throwing them away. These two practices go hand in hand and they are a great way to “close the loop”. This type of purchasing also promotes a local footprint!
- ❑ **Reduce the amount of garbage you throw away** by reusing and recycling everything you can.
- ❑ **Go paperless by reading on your computer** instead of printing. Save energy, resources and money, and eliminate worry about misplacing what you printed! 
- ❑ **Recycle.** Most items are made from non-renewable resources, so recycling is key to reducing waste. Republic Services offers curbside recycling, and accepts plastic film, motor oil and scrap metal on-site; 541-754-0444. First Alternative Co-op’s Recycling Center (south Corvallis store) accepts wine corks, batteries and freezer board; 541-753-3115.

Sources: Energize Corvallis and the U.S. E.P.A. Greenhouse Gas Equivalencies Calculator



This guide was created by the Waste Prevention Action Team of the Corvallis Sustainability Coalition; printing sponsored by Republic Services and CORE Print Direct. For more guides and info about the Recycling Block Captain program, please visit <http://tiny.cc/wpatcapt>.



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