

## Reduce/Reuse/Recycle Messages for Community Newsletters

### Ideas to Promote Solid Waste Reduction and Prevention in Corvallis

(SORTED ALPHABETICALLY--suggested seasonal timing for messages on separate page)

At The Office / Home Office	<ul style="list-style-type: none"> <li>-Print &amp; copy onto both sides of paper; can also use as scrap</li> <li>-Pay bills online, and sign-up to receive paperless monthly bills</li> <li>-If faxing by machine, use post-its instead of full-pg cover sheets</li> <li>-Only print emails if absolutely necessary</li> <li>-Review / edit documents on-screen rather than printing to review</li> <li>-Bring your own washable mug or cup to work</li> </ul>	<ul style="list-style-type: none"> <li>-Purchase pre-owned office equipment and furniture</li> <li>-Donate unwanted working electronics to resale shops, orgs</li> <li>-Buy items with the highest percent of recycled content</li> <li>-Collect paper towels separately and compost in Yard Debris cart</li> <li>-Use bulk soap to refill containers in break rooms &amp; bathrooms</li> <li>-For employee / non-public handwash sinks, provide cloth towels</li> </ul>
BBQing	<ul style="list-style-type: none"> <li>-Use a metal pan instead of foil; if you use foil, clean &amp; recycle it</li> <li>-Reuse metal skewers; place wood skewers in Yard Debris cart</li> <li>-Compost your corn cobs and other vegetable waste</li> </ul>	<ul style="list-style-type: none"> <li>-For greasy foods, use old towels as cloth napkins</li> <li>-Use tree prunings and scrap wood in lieu of chemically-treated charcoal briquettes, and apply the ashes to the landscaping</li> </ul>
Birthday Parties	<ul style="list-style-type: none"> <li>-If your kiddo has plenty, write "no gifts, please" on invitations</li> <li>-Skip gift bags for party guests, a wasteful and expensive fad</li> <li>-Suggest a contribution to a favorite charity or cause in lieu of gifts</li> </ul>	<ul style="list-style-type: none"> <li>-Use reusables instead of disposables whenever possible</li> <li>-Homemade pinatas cost less &amp; can be filled with leftover treats from recent holidays</li> </ul>
Camping	<ul style="list-style-type: none"> <li>-Use durable, lightweight, washable dishes; pack it in--pack it out!</li> <li>-Keep recyclables separate and bring home to recycle at curb</li> <li>-Buy second-hand camping gear or borrow from friends</li> </ul>	<ul style="list-style-type: none"> <li>-Rent infrequently-needed camping gear instead of buying</li> <li>-Bring extra bags to take home compostable food scraps</li> <li>-Keep cloth bags in the car for supply shopping</li> </ul>
Car Ownership	<ul style="list-style-type: none"> <li>-Use a litter bag and sort recyclables from the car when full</li> <li>-Recycle your changed oil at curb in screw-top gallon containers</li> <li>-Recycle your used car battery; Battery Exchange will give you \$\$</li> </ul>	<ul style="list-style-type: none"> <li>-Share a car among friends or colleagues</li> <li>-Don't own more cars than you need -- ownership is expensive!</li> <li>-Whenever practical, use public transportation or ride bicycles</li> </ul>
Clothing Shopping	<ul style="list-style-type: none"> <li>-Shop for previously-owned clothing first -- it saves money, too!</li> <li>-Hold clothing swap events with friends, neighbors, other families</li> <li>-Purchase quality clothing that needs less repair &amp; replacement</li> </ul>	<ul style="list-style-type: none"> <li>-Wear it as long as you can; donate it when you're done</li> <li>-Have clothes and shoes repaired instead of replacing them</li> <li>-Wear tattered clothes for yard work, or turned into quilts or rags</li> </ul>
Coffee To Go	<ul style="list-style-type: none"> <li>-Make and bring your own coffee from home -- saves SO much \$!</li> <li>-Bring a reusable cup to the counter; many places offer discounts</li> <li>-Buy coffee in a store's cup? Save hot drink sleeve for next visit.</li> </ul>	<ul style="list-style-type: none"> <li>-Support local coffee shops that offer reusable mugs / dishes</li> <li>-Give preference to organic, shade-grown coffees and Fair Trade</li> <li>-Encourage coffee shops to make eco-wise purchasing choices</li> </ul>
Costuming / Decorating	<ul style="list-style-type: none"> <li>-Rotate already-worn costumes between families</li> <li>-Shop locally for pre-owned costumes</li> <li>-Turn old clothing and accessories into costumes -- be creative!</li> </ul>	<ul style="list-style-type: none"> <li>-Use face paint instead of masks -- kids can also see better</li> <li>-Buy second-hand decorations, rent, reuse, create your own</li> <li>-Reuse last year's décor and use natural items in your displays</li> </ul>
Earth Day Messages	<ul style="list-style-type: none"> <li>-Love Creation -- make EVERY day Earth Day and live ecologically; consider the condition we leave the Earth for our kids</li> </ul>	<ul style="list-style-type: none"> <li>-If you want to change behavior but feel overwhelmed, commit to a small change; when it becomes a habit, commit to another</li> </ul>
Easter Shopping	<ul style="list-style-type: none"> <li>-Reuse a basket, decorate with ribbons, fresh flowers, real grass</li> <li>-Refill plastic eggs with pennies and leftover Valentine's candy</li> <li>-Remember to consume or compost all the real, dyed eggs</li> </ul>	<ul style="list-style-type: none"> <li>-Resist the pressure to purchase baskets full of "stuff" for the kids; remember The Reason For The Season...</li> <li>-Try to find Fair Trade chocolates to support Human Rights</li> </ul>
Eating at Home	<ul style="list-style-type: none"> <li>-Save food as leftovers or feed them to the dog</li> <li>-Compost food scraps at home or place in Yard Debris cart</li> <li>-Avoid using your sink disposal for food scraps --the nutrients it adds to the water make processing &amp; treatment very difficult</li> </ul>	<ul style="list-style-type: none"> <li>-Only cook what you'll use or reheat to eat; eat leftovers promptly</li> <li>-Cut down on red meat, which uses far more resources to grow</li> <li>-Use cloth napkins whenever possible; if you must use paper napkins, compost them at home or in your Yard Debris cart</li> </ul>

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Eating Out	<ul style="list-style-type: none"> <li>-BYOB: Bring your own box or bag along for leftover food</li> <li>-Take home your extra paper napkins--restaurant must toss them</li> <li>-Order only as much as you will eat, or take home as leftovers</li> </ul>	<ul style="list-style-type: none"> <li>-Choose eco-minded, locally owned establishments</li> <li>-Choose establishments that offer reusable dishes and utensils</li> <li>-Choose meals with ingredients that travel the shortest distance</li> </ul>
Electronics Replacement	<ul style="list-style-type: none"> <li>-Try repairing your non-working electronics or hire a local repair shop to fix them before buying replacement items</li> <li>-Donate old computers to local schools or non-profits for reuse</li> </ul>	<ul style="list-style-type: none"> <li>-Recycle dead electronics at Republic Services--call for info</li> <li>-Invest in rechargeable batteries; they pay for themselves quickly!</li> <li>-Find out about a manufacturer's recycling take-back programs</li> </ul>
Entertaining and Parties	<ul style="list-style-type: none"> <li>-Use electronic save-the-date announcements and invitations</li> <li>-Use reusables instead of disposables whenever possible</li> <li>-If you must use plastic, wash and reuse instead of throwing out</li> <li>-If you must use paper napkins, compost in your Yard Debris cart</li> <li>-Use reusable, natural and/or compostable decorations</li> </ul>	<ul style="list-style-type: none"> <li>-Place well-labeled recycling and composting bins for guests</li> <li>-Create your own platters instead of overpackaged pre-cut items</li> <li>-If you buy pre-cut, save the sturdy packaging for reuse next time</li> <li>-Attend community fireworks displays instead of buying your own</li> <li>-Celebrate with friends/neighbors so all can buy fewer fireworks</li> </ul>
Gardening, Spring/Summer	<ul style="list-style-type: none"> <li>-Reuse cardboard boxes or newspaper as mulch or weed control, "lasagna-style" in layers; leaves also make great mulch</li> <li>-Fertilize with compost instead of chemicals</li> <li>-Share equipment / tools with neighbors &amp; family; rent if needed</li> <li>-Sow seeds instead of buying starts whenever possible</li> </ul>	<ul style="list-style-type: none"> <li>-Place spent plants and trimmings into your Yard Debris cart or keep for your own garden compost</li> <li>-Consider community gardens near you if you lack garden space</li> <li>-Repurpose non-traditional containers instead of using new pots</li> <li>-Buy locally-made compost from yard debris --complete the cycle!</li> </ul>
Gardening, End of Season	<ul style="list-style-type: none"> <li>-Reuse cardboard boxes or newspaper as mulch or weed control, "lasagna-style" in layers; leaves also are great mulch</li> <li>-Place spent plants in your Yard Debris cart or compost at home</li> <li>-Donate surplus produce to local food banks or a soup kitchen</li> </ul>	<ul style="list-style-type: none"> <li>-Buy compost made locally through Republic Services</li> <li>-Get free delivery of leaves for mulching from Republic Services</li> <li>-Mow with a mulching mower so that clippings naturally decompose and fertilize your lawn; consider a push-mower, too</li> </ul>
Grocery Shopping	<ul style="list-style-type: none"> <li>-Bring back your own grocery bags -- paper, cloth, plastic. Reuse!</li> <li>-Stick a bag of bags in your car now so you don't forget them later</li> <li>-If you use a new produce or shopping bag, reuse it over and over</li> <li>-Donate extra reusable food containers to First Alternative Co-ops</li> <li>-Grow your own food whenever possible</li> <li>-If you have limited space, grow food in a community garden</li> </ul>	<ul style="list-style-type: none"> <li>-Put many items into one produce bag, no matter what kind of bag</li> <li>-Save old twister ties for shopping trips &amp; household applications</li> <li>-Buy in bulk whenever possible, and reuse your containers</li> <li>-Consider the packaging; try to buy with little or no wrapping</li> <li>-If you don't need it, don't buy it -- It's not a bargain if you end up throwing it out; plan ahead to reduce impulse buys</li> </ul>
Hazardous Waste, Household	<ul style="list-style-type: none"> <li>-Use up old prescriptions/medicines and buy only what you need. Call police for Drug Take Back Event dates; DO NOT FLUSH</li> </ul>	<ul style="list-style-type: none"> <li>-Keep hazardous materials safely in storage until Republic Services 1/4ly Household Hazardous Waste Collection Events</li> </ul>
Holiday Trees, Christmas	<ul style="list-style-type: none"> <li>-Buy live, potted tree; water daily, set out after 2 wks, use next year</li> <li>-Consider an artificial tree -- some very nice models are available</li> <li>-Decorate your tree with jewelry - so lovely!</li> </ul>	<ul style="list-style-type: none"> <li>-Use LED light strands -- they last much longer &amp; use little power</li> <li>-If you buy a cut tree, place it at the curb for composting pick-up</li> <li>-If you have acreage, place your spent tree out as wildlife habitat</li> </ul>
Holiday Gift Shopping	<ul style="list-style-type: none"> <li>-Consider gift durability -- if it will break soon, perhaps don't buy it</li> <li>-Shop for pre-owned items -- get a good deal AND reuse!</li> <li>-Ask for wish lists to ensure gift you give is wanted and gets used</li> <li>-Donate to someone's favorite non-profit in lieu of a traditional gift</li> </ul>	<ul style="list-style-type: none"> <li>-Support local artists; buy local and Fair Trade gifts; be creative</li> <li>-Give the gift of service instead of stuff; create coupon books</li> <li>-Give homemade gifts with minimal or reusable packaging</li> <li>-Give CD of photos with frames; let recipient decide which to print</li> </ul>
Holiday Gift Wrapping	<ul style="list-style-type: none"> <li>-Reuse bows, ribbons, paper, boxes &amp; gift bags from year to year</li> <li>-Use fabrics or scarves as gift wrap -- oh-so-reusable!</li> </ul>	<ul style="list-style-type: none"> <li>-Use gift bags instead of gift wrap -- much easier to reuse</li> <li>-Use Sunday newspaper comic pages for colorful, fun gift wrap</li> </ul>

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Home Repair/Maintenance	-Look first for second-hand supplies and materials -Donate your excess building materials for reuse	-Remember the importance of routine maintenance and upkeep, to prevent breakdown, costly repair, and earlier replacement
House Cleaning	-Avoid mops with single-use heads -- these are extremely wasteful; some great easy-to-wring reusable mops are available -Reuse tattered clothing as rags instead of using paper towels	-Use non-toxic, homemade cleaning products; Google for recipes -If you buy cleaning supplies, choose eco-friendly products -Avoid antibacterial products; they cause resistant germ strains!!
Junk Mail	-Opt out of direct mailing lists, magazine offers and catalogs by registering your address at <a href="http://www.dmchoice.org">www.dmchoice.org</a> (lasts 3 years)	-Reuse return envelopes from junk mail; stick labels over text -Stop pre-approved credit offers at <a href="http://www.optoutprescreen.com">www.optoutprescreen.com</a>
Mother's Day Shopping	-Make that special meal at home, save leftovers, compost scraps -Give the gift of service instead of stuff; create a coupon book	-Ask Mom what she really wants, to avoid unused gifts -Give a potted plant instead of flowers -- make the joy last & last
Parenting	-Buy pre-owned clothing, supplies, toys; trade with other parents -Consider cloth diapers--call for diaper service or buy pre-owned -Earth-friendly single-use diapers are available in local stores -If you must buy baby food in jars, reuse jars for spices, nails, etc.	-Make thrift shopping an adventure preferable to "The Mall" -Make neighborhood garage sales an excuse to take walks -Help your kids make art projects using recyclable materials -Teach your kids it's ok to go shopping and end up buying nothing
Pet Ownership	-Reuse cereal box liner bags for disposing of spent kitty litter -Reuse newspaper delivery bags for dog poop clean-up -Purchase kitty litter & pet food in bulk; BYO reusable containers	-Seek out less-toxic alternatives to chemical flea treatments -Compost your rabbit, hamster & guinea pig droppings at home (Please do NOT compost cat, dog or bird waste = it's hazardous!)
School Clean-outs, June	-For OSU on-campus residents, call 541-73R-CYCL for pick-ups -If clothing fits, keep it for next year -- don't worry about trends	-Plan ahead; donate unwanted goods to schools or charity -Donate non-perishable foods to a local food bank
School Lunches	-Reuse sturdy containers from home with tight lids -Avoid overpackaged pre-made lunches; homemade costs less! -Stick a cloth napkin into their lunches	-Wash and reuse plastic utensils until they break, or buy a few pre-owned metal utensils just for kiddo's lunches -Ask kiddo to bring home what's not eaten & compost it at home
School Shopping, Fall	-Use up last year's folders and half-used pencils if still good -If clothes still fit, keep wearing them -- don't worry about trends	-Use up last year's leftover notebooks -- just tear out used pages -Shop for pre-owned clothing first; saves money, too!
Spring Cleaning	<b>-Cleaning out your garage or living space? Remember to sort into these categories: recyclable, reusable, hazardous, and trash</b> -Recycle at curb, Republic Svcs, or First Alternative Co-op South -Place with a "free" sign at the curb or donate to local resale shop	-Take hazardous waste to Republic Services 1/4ly collection event -Only put it out as "trash" only if it truly has no useful life left
Traveling	-Bring a bag for car waste & sort recyclables out upon your return -Bring a small cooler with your own snacks instead of buying overpackaged, overpriced snacks from convenience stores	-For driving, bring your own reusable beverage bottle -For airplaces, bring along your own empty reusable water bottle and fill it at a drinking fountain once you clear airport security
Unwanted Stuff	-Donate your unwanted, reusable items in good condition -Sell or give away unwanted items on <a href="http://www.craigslist.org">www.craigslist.org</a>	-Place an unwanted item at your curb with a "free" sign -- see how fast it disappears! (but remove if not taken, please)
Valentine's Day	-Make homemade school valentines using large sheets of paper and paint -- cut into individual 3" x 3" valentines & personalize!	-Cook dinner for your Valentine instead of buying him/her "stuff"
Weddings	-Homemade wedding favors are even more special--be creative! -Celebrate the marriage not the wedding, by not going overboard	-Support your local rental store instead of buying for one-time use -Consider purchasing a pre-owned wedding dress

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#### ALL MESSAGE CATEGORIES:

At The Office / Home Office \*  
 BBQing  
 Birthday Parties \*  
 Camping  
 Car Ownership \*  
 Clothing Shopping \*  
 Coffee To Go \*  
 Costuming and Decorating  
 Earth Day Messages  
 Easter Shopping  
 Eating at Home \*  
 Eating Out \*  
 Electronics Replacement  
 Entertaining and Parties  
 Gardening, Spring/Summer  
 Gardening, End of Season  
 Grocery Shopping \*  
 Hazardous Waste, Household \*  
 Holiday Trees, Christmas  
 Holiday Gift Shopping  
 Holiday Gift Wrapping  
 Home Repair/Maintenance \*  
 House Cleaning \*  
 Junk Mail \*  
 Mother's Day Shopping  
 Parenting \*  
 Pet Ownership \*  
 School Clean-outs, June  
 School Lunches \*  
 School Shopping, Fall  
 Spring Cleaning  
 Traveling \*  
 Unwanted Stuff  
 Valentine's Day  
 Weddings

\* year-round messages

#### IDEAS FOR MESSAGE TIMING:

JAN	Electronics Replacement Unwanted Stuff
FEB	Valentine's Day Gardening, Spring/Summer
MAR	Spring Cleaning Easter Shopping Gardening, Spring/Summer
APR	Earth Day Messages Gardening, Spring/Summer Spring Cleaning
MAY	Mother's Day Shopping Weddings Gardening, Spring/Summer
JUN	School Clean-outs, June Weddings Gardening, Spring/Summer
JUL	BBQing; Camping Entertaining and Parties Gardening, Spring/Summer
AUG	BBQing Camping School Shopping, Fall
SEP	Camping School Shopping, Fall Gardening, End of Season
OCT	Costuming and Decorating Gardening, End of Season
NOV	Entertaining and Parties Holiday Decorating, Christmas Holiday Gift Shopping & Wrapping
DEC	Holiday Gift Shopping & Wrapping Holiday Trees Entertaining and Parties Unwanted Stuff

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