

In this Guide:

In our daily lives, there are countless ways to create less landfill-bound trash.

Keep reading for lifestyle and product swap ideas - all available locally.

Try a few at a time!
It doesn't have to be overwhelming.

Each step preventing waste lessens our environmental footprint.

Let's create less trash together!

We've got this...

Prevent Waste by Creating Less Trash



In the Bathroom

- Swap liquid shampoo for shampoo bars. Conditioner too.
- Buy recycled-content, unbleached toilet paper packaged in paper.
- Swap tampons or pads for menstrual cups, reusable pads, or period panties.
- Consider installing a bidet attachment to reduce toilet paper use.
- Switch to deodorant and lip balm that comes in cardboard instead of plastic.
- Switch to laundry detergent sheets.



While Out and About

- Shopping:** Keep a stash of reusable produce and grocery bags in your vehicle or bike bag. Keep produce loose if you can.
- Beverages:** Remember your reusable coffee mug or water bottle!
- Dine-in leftovers:** Bring a container or Ziploc bag from home, or a Benton To Go reusable take-out box (BentonToGo.org).
- Take-out meals:** Avoid taking unneeded disposable utensils and napkins with your meal, and keep reusables in your vehicle.

In the Kitchen

- Reuse glass packaging to store food.
- Swap out synthetic sponges for compostable natural dish scrubbers.
- Use diluted white vinegar and baking soda to clean your entire kitchen!
- Use fewer paper towels by making rags from old t-shirts and worn-out sheets.
- Replace disposable plastic wrap with reusable food wraps.

Brought to you by the
Recycling Block Captain Program

A project of the
Corvallis Sustainability Coalition's
Waste Prevention Action Team



While Eating

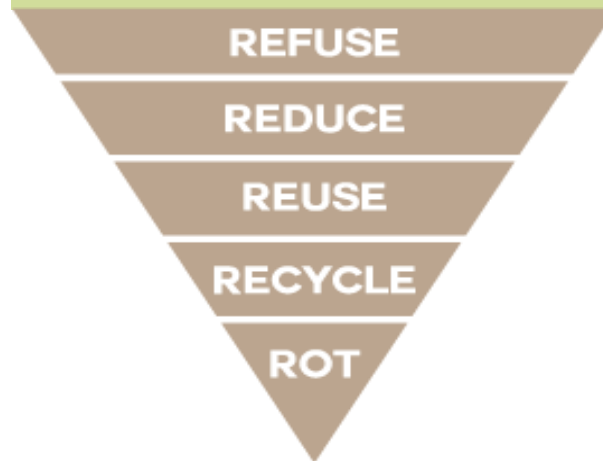
- ❑ **Think “No Food Left Behind”:** Preventing wasted food at home is the **#1 way** to reduce waste and carbon footprint AND save \$\$ (nofoodleftbehindcorvallis.org).
- ❑ **Compost food scraps:** Kitchen waste is acceptable in your curbside yard debris cart!
- ❑ **Borrow reusable party ware:** “Green Girl” of Corvallis loans up to 300 sets of reusable dishes and utensils for FREE, for any local gathering (tiny.cc/GreenGirl).

Low-Waste Gift Giving

- ❑ **Give the gift of:**
 - Time (house/yard work, pet sitting)
 - Consumables (plants, food, art)
 - Experiences (movie tickets, meals)
- ❑ **Low-waste dining-out:** Give a Benton To Go reusable take-out container (BentonToGo.org).
- ❑ **Reusable gift wrapping:** Look into Furoshiki, the Japanese art of gift-wrapping with cloth.

Find more low-waste gift ideas in our previous handout (tiny.cc/LowWasteGifts).

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Want more ideas?

Visit the Recycling Block Captain Program’s webpage:

tiny.cc/wpatcapt



Sustainability in Action

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Helpful Local Resources

- ❑ **Corvallis Sustainability Coalition:** Find resources to aid in your journey towards a more sustainable lifestyle (SustainableCorvallis.org).
- ❑ **Corvallis/Albany Farmers’ Markets:** It’s a great place to buy unpackaged, local produce (locallygrown.org).
- ❑ **Waste Prevention Directory online:** Find local places to donate reusable items (tiny.cc/WastePrevention).
- ❑ **City of Corvallis’ “Library of Things”:** Borrow items instead of purchasing (cbcpubliclibrary.net/library-of-things).
- ❑ **“Little Libraries”:** Exchange books for free in neighborhoods all over town (littlefreelibrary.org/map).
- ❑ **Corvallis-area Facebook groups:** Connect with people giving and getting reusable items for free. Search “Corvallis” in Facebook and filter for “Groups”.
- ❑ **Share ideas or get support:** Join the Corvallis/Albany Zero Waste Group (tiny.cc/ZeroWasteFacebook). (Facebook account not needed to read their posts.)

Thank you for preventing waste!

