Stop waste before it happens!

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

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

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

*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.
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 grasscyle
- 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 flourescent light bulbs (CFLs)
- Recycle construction, demolition and land clearing debris

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

HELPFUL RESOURCES

- Seattle Junk Mail Project  seattle.catalogchoice.org
- King County Junk Mail Reduction Project your.kingcounty.gov/solidwaste/wasteprevention/junkmail.asp
- Cancel Yellow Pages  seattle.gov/stopphonebooks
- Cancel Catalogs  catalogchoice.org
- Insurance and Credit Card Offer Opt-out  optoutprescreen.com
- Seattle PaperCuts  seattle.gov/papercuts
- Greener Cleaners  watoxics.org
- Styro Recycle  styreecycle.com

... to reuse
- King County Materials Exchange your.kingcounty.gov/solidwaste/exchange/index.asp
- Goodwill  goodwill.org
- Freecycle  freecycle.org
- Seattle CraigsList  seattle.craigslist.org

... to shop smart
- Washington Farmers Markets  wafarmersmarkets.com
- Seattle Tilth Producers Directory  tilthproducers.org
- EPA Let’s Go Green Shopping  epa.gov/wastes/education/pubs/shopping.htm
- Puget Sound Fresh  pugetsoundfresh.org
- EPA DofE Certified Products List  epa.gov/dfe

... to remodel
- King County Eco-Cool Remodel Tool  your.kingcounty.gov/solidwaste/greenbuilding/eco-remodel.asp
- City of Seattle Green Home Guide  cityofseattle.net
- CDL Recycle  cdlrecycle.com
- EPA Green Building Program  epa.gov/greenhomes/ReduceWaste.htm

... to garden & compost
- Garden Hotline  206.633.0224  gardenhotline.org
- Seattle Tilth  seattle.tilth.org
- Seattle P-Patch Information  cityofseattle.net/neighbourhoods/ppatch/links.htm
- King County Composting Resources your.kingcounty.gov/solidwaste/naturalyardcare/howto.asp
- City of Seattle Natural Lawn and Garden Care  search “Natural Garden Care”  seattle.gov/util
- King County Extension Master Gardener Program  king.wsu.edu/gardening/mastergardener.htm
- Urban Chickens  urbanchickens.net

... to learn more
- Waste Reduction Tips  weeklytips.recologycleanscapes.com
- WA Department of Ecology Kids Activities  ecy.wa.gov/programs/swfa/kidsPage
- EPA Kids Club  epa.gov/kids/
- King County EcoConsumer Waste Calculator  your.kingcounty.gov/solidwaste/ecoconsumer/index.asp
- EPA Consumer Tips  epa.gov/epawaste/wycd/funfacts
- King County What Do I Do With? your.kingcounty.gov/solidwaste/wdidw

... to safely dispose of hazardous items
- King County Materials Exchange  your.kingcounty.gov/solidwaste/exchange
- King County’s Hazardous Waste Management Program  hwmp.org
- E-Cycle Washington  EcycleWashington.org
- Take It Back Network  takeitbacknetwork.org
- Take Back Your Meds  takebackyourmeds.org
- Total Reclaim  totalreclaim.com