


# Reducing, Reusing, Recycling

Swap and/or Sell	Reduce Packaging	Reduce Plastic
<ul style="list-style-type: none"> <li>• Yard Sales</li> <li>• Resale Shops</li> <li>• Freecycle.org</li> <li>• Ebay.com</li> <li>• Facebook Market Place</li> <li>• Rent Equipment</li> <li>• “Buy Nothing” project <i>buynothingproject.org</i></li> <li>• Library</li> </ul>	<ul style="list-style-type: none"> <li>• Shampoo Bars</li> <li>• Laundry Detergent Sheets</li> <li>• Cleaning Tablets (<i>blueland.com</i>)</li> <li>• Buy food in bulk and bring your own containers (try Amish stores, health food stores, farmers’ markets)</li> <li>• Paper-wrapped toilet paper (<i>us.whogivesacrapp.org</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Wooden toothbrushes</li> <li>• Luffa or Hemp sponges</li> <li>• Reusable Cloth shopping bags</li> <li>• Bamboo Eating Utensils</li> <li>• Glass Bottles</li> <li>• Wooden pencil highlighters instead of plastic ones</li> </ul>
Save Energy	Reduce Transport	Save Water
<ul style="list-style-type: none"> <li>• Clean air filters regularly</li> <li>• Eat less meat</li> <li>• Keeps your car tires inflated properly</li> <li>• Walk, Bike, Carpool, and use Public Transportation</li> <li>• Eat food when it’s in season</li> </ul>	<ul style="list-style-type: none"> <li>• Grow your own food</li> <li>• Buy from Farmers’ Markets and roadside stands</li> <li>• Look at stickers on food (from Georgia vs. “Product of Chile”)</li> <li>• Look for “Made in the USA”</li> <li>• Landscape with plants that provide food for birds</li> </ul>	<ul style="list-style-type: none"> <li>• Fix leaks</li> <li>• Collect rainwater for gardening</li> <li>• Turn the tap off while brushing your teeth</li> <li>• Take shorter showers</li> <li>• Don’t water your lawn</li> </ul>

## Recycling - visit [wku.edu/recycling/community.php](http://wku.edu/recycling/community.php) and [how2recycle.info/sdo](http://how2recycle.info/sdo)

- **Recyclops** (based in Utah, coming soon to BG) will offer an subscription recycling service everyone other week (city: \$8.50/month, outside city \$10.50/month). Glass recycling is an additional \$5.00/month.
- **Aluminum, Tin/Steel, Mixed Cardboard, and Mixed Paper** - at SA recycling (formerly known as Southern Recycling) 630 Clay St (off Main St) on Mondays-Fridays 8-4:30. Phone 270-715-3030
- **Styrofoam** – recycled in Horse Cave KY. Look for Dart Container Recycling sign with an arrow on 31W, just south of Horse Cave Dorentorum.
- **Batteries, Light bulbs, Electronics, Cell Phones** – [Batteries Plus](http://Batteries Plus) ([batteriesplus.com](http://batteriesplus.com)) at 1150 US 31W, BG. Also at Hendersonville, Gallatin, and other locations. Call 270-393-8880
- **Printer Cartridges** – At Staples supply store
- **Plastic Grocery Bags** – most grocery stores
- **Pharmaceuticals** – Sherriff’s office & Walgreens
- **Cell Phones** – Best Buy and Batteries Plus
- **Books** – local library
- **Craft Supplies** – Scouts, Churches, Homeschooler
- **Broken Appliances** – scrap metal
- **Used Oil** – Autozone (5 gallon limit)
- **Textiles** – clothes and shoes to Goodwill, blankets and towels to the Humane Societies
- **Paint** (still usable) - Habitat for Humanity Restore. Possibly a theater company or drama department
- **Hazardous Waste** – look for your county’s Hazardous Waste Day
- **Lumber, Wood Furniture, Working Appliances, Unbroken Windows** – Habitat for Humanity Restore

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Reusable cloths for wrapping presents	Compost food scraps and yard debris	Keep my car tires properly inflated	Carpool or use public transport	Freecycle.org or yard sales instead of buying new
Use wooden toothbrushes	Use bar shampoo instead of bottles	Walk or bike to places	Use my own bags when shopping	Refill my own water bottle, not buy bottled water
Use my own bags for produce	Turn off lights and unplug appliances		Use Laundry soap sheets	Carry my own utensils with me
Use natural light and install LED light bulbs	Use Luffa or Hemp sponges instead of plastic ones	Recycle glass, plastic, metal, paper	Bring a container to restaurants for taking home leftovers	In the yard, leave the leaves!
Be a locavore – eat food in season and grown nearby	Put on a sweater before turning up the heat	Close curtains on hot days to block sunshine	Unsubscribe from paper catalogs	Grow herbs and food

**Use it up. Wear it out.  
Make it do, or do without.**

- In the USA, the average person generates 4.3 pounds of waste per day and receive about 30 pounds of junk mail each year.
- Standby power can account for 10% of an average household's annual electricity use. Unplug appliances when they are not in use.
- Reduce heat in the kitchen in the summer by barbecuing outside, using the microwave, or eating salads, smoothies, and sandwiches.
- Each year, Americans spend \$6 billion dollars to buy 4.6 million pounds of wrapping paper.