Ten Ways to Be a "Trash Terminator"

1. Recycle more! Find out about all the items you can recycle at 1-800-CLEANUP or www.earth911.org.

2. Choose products with minimal packaging and buy in bulk. Avoid individually-wrapped items. A jumbo box of cereal uses less packaging than several single serving-sized boxes.

3. Choose durable, reusable products over single-use, disposable items. Use cloth napkins instead of paper ones. Get your coffee in a refillable mug. Use canvas bags for shopping.

4. Reduce junk mail. Find out how to get your name removed from unwanted mailing lists at www.mass.gov/consumer.

5. Reuse bags, containers, packaging materials, and other items. Bags, cardboard boxes, bubble wrap, packing peanuts and padded envelopes can be used many times. Be creative!

6. Compost. Recycle leaves, grass, food scraps and paper towels into great garden soil.

7. Donate unwanted items to charities or have a yard sale.

8. Choose items with a recycled-content label. This saves precious resources and is the key to making recycling work!

9. Keep toxic home and garden products out of the trash. Learn about non-toxic alternatives at www.turi.org/community.

10. Reduce your use of paper. Use e-mail, get bank statements and newsletters on-line, and use the library.

Watch Your Waste!

Did you know that Massachusetts residents fill enough trash bags each year to circle the earth two-and-a half times?

Did you ever wonder where all that trash goes?

Two-thirds of our trash could be recycled or composted, but only one-third of it actually is. The rest is either burned or buried in Massachusetts, or shipped out of state for disposal. What a waste!

There are lots of simple things you can do to reduce waste, save money and protect our environment.

Look on the other side of this bookmark for ten ways you can be a "Trash Terminator!"

Recycle. a little effort a Big difference

Prepared by the
Massachusetts Department of Environmental Protection

For more information:
www.mass.gov/dep and www.epa.gov

Printed on post-consumer recycled content paper
January, 2003