

Article on REDUCE: How to reduce MSW in the Landfill

Did you know that approximately 140 million tons of trash ends up in America's landfills? (* last updated in 2020). That's scary to think about how we are putting such a toll on our environment. The good news is, everyone has the capability to help out by reducing how much trash they produce. By limiting what you are throwing out not only helps Mother Earth, it helps keep costs down for solid waste disposal.

When you go to the grocery store, take a better look when you are purchasing products. Try sticking to fresh produce and use reusable shopping bags (or buy from the local farmers market). If you must purchase containers for your food or clothing, try to get ones you can reuse at home.



You can also reduce what goes into the trash by:

- Buying in bulk and freezing or canning the extra,
- Stop eating out so frequently and start preparing meals at home; if you must go out to eat, have a sit-down meal and eliminate the take-out containers,
- Give family or friends items that you no longer want or need such as clothing or furniture,
- If you have broken items, find out if it can be repaired. **We will be sponsoring a Repair Café in the coming months. More information on that to come!!!**

(From a broken useless cookie scoop to a REPAIRED & usable cookie scoop)



- Make something new out of a broken or torn item. For example, try making a memory quilt from clothing from a dear loved one who has passed or a child going to college:



- Donate used items to a local thrift store. Most thrift stores are Not-For-Profit agencies and help the needy in our communities.



With these easy tips, we ask that you try something new to help **REDUCE** our environmental impact. When we **REDUCE**, we **RESPECT** Mother Earth. Not to mention, it also helps to keep your household bills lower! Together, we can help keep the planet healthy for the next seven generations.