

TIPS FOR A LIFESTYLE

Los Alamos

REDUCE

- Pack a zero waste lunch, eliminate single use items
- Avoid Styrofoam
- Avoid single-use plastics
- Reduce packaging
- Refuse freebies
- Buy items that last
- Bike, walk, use public transportation or carpool
- Use energy and water efficient appliances, LED lightbulbs, toilets showerheads, etc.
- Gift experiences instead of things
- Plan meals and shop with a list to avoid food waste
- Don't upgrade your phone, tablet or computer unless you need to
- Go paperless for bank statements and bills
- Don't buy new clothes unless you really need them
- Call or write to companies to get them to reduce plastic in their products and packaging
- Conserve water and energy through shorter showers, turning off lights, etc

REUSE

- Purchase reusable items including: drink and food containers, straws, napkins, bags, feminine supplies, etc.
- Borrow or rent tools you don't use often
- Have a yard sale
- Sell or swap items in good condition online
- Use scrap paper
- Buy second-hand and donate items in good condition
- Reuse shipping boxes and packaging material

***Zero waste is about reducing consumption, not just recycling more.
Look at what you buy, and see what you can reduce or eliminate.***

- Find a children's toy or clothes sharing group (like Family Strengths Network)
- Use cloth diapers
- Learn to repair items, or hire someone to fix them
- Use the library instead of purchasing books
- Learn to sew and repair clothes
- Upcycle items into art, furniture, accessories, or other things (like recycle fashion show)

RECYCLE

- Cardboard
- Office paper
- Aluminum, steel & other metals
- Junk mail and envelopes
- Books (including phonebooks)
- Plastic containers #1-7
- Cereal and cracker boxes
- Newspaper and magazines
- Yard trimmings (request a cart 662-8163)
- Glass bottles and jars (yellow dumpsters)
- Household Hazardous Waste (Eco Station Fri-Sat 9am – 3pm)
- Electronics (Eco Station)
- Plastic bags and wrap (Smith's)
- Compost food waste (at home, or ask a neighbor)
- Start a vermi-composting bin (Eco Station can provide worms)
- Purchase post-consumer recycled products

Questions? We'd love to help!
zerowaste@lacnm.us

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Environmental Services

zero  **waste**
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