



# RESIDENT WASTE REDUCTION GUIDE

Off-site Recycling Resources



## WHAT DO I DO WITH...

Search for local recycling programs for a variety of materials using Department of Ecology's recycling hotline 1-800 RECYCLE (1-800-732-9253) or [1800recycle.wa.gov](http://1800recycle.wa.gov)

**Reusable household items** – Bring to a thrift store to give your old reusable stuff a new life and keep it out of the landfill.



**Electronics** – Electronic stores will often accept small electronics such as cell phones for recycling. Visit [ecyclewashington.com](http://ecyclewashington.com) for recycling locations for TVs, laptops, tablets and more.



**Paint** – Visit [paintcare.org](http://paintcare.org) to find drop-off locations for unwanted paints, primers and stains.

**Light recycling** – Visit [lightrecycle.org](http://lightrecycle.org) to recycle mercury-containing lights, including old CFL bulbs, at a collection site near you.



**Empty ink cartridges** – These can be brought back to many retailers for recycling. Check with your local office supply store about returning empty ink cartridges for recycling.

**Hazardous waste** – Materials with a “warning” or “danger” label often require special disposal. Contact your local household hazardous waste facility to find out what you can do with unwanted hazardous materials such as bleach and propane.



**Medicines** – Take Back Your Meds [takebackyourmeds.org](http://takebackyourmeds.org)



**Sharps** – deposit used sharps/ syringes by finding your closest syringe deposit site at [safeneedledisposal.org/states/washington](http://safeneedledisposal.org/states/washington)

**Packing material** – Many pack & ship stores will accept packing material for reuse.



**Plastic bags** – Plastic bags can be recycled at the entrance of many grocery stores.

**Unopened pet food** – Donate to your local animal shelter.



**Unopened human food** – Donate unopened, non-perishable items to your local food bank.



**Ripped / stained clothing** – Take to a clothing and shoes drop-off box.

**Mattresses** – Check with your local Salvation Army, Habitat for Humanity or thrift store about donating a mattress in reusable condition.

Consider posting your old stuff on an online material exchange like [Craigslist](http://craigslist.com) or [Buy Nothing](http://buynothing.com). You would be surprised who could use your old stuff!



# RESIDENT WASTE REDUCTION GUIDE



## WASTE REDUCTION TIPS — REDUCE & REUSE

### Step 1. Reduce

#### Reduce food waste:

- Take inventory of what perishable food you have before going to the grocery store. Consider using an “eat first” box.
- Store food properly to extend its life and prevent waste.
- Consume all of the food you purchase. Consider how ingredients purchased for one recipe can be used in another, so that leftover ingredients don’t go to waste.
- More tips on reducing food waste can be found at [epa.gov/recycle/reducing-wasted-food-home](https://epa.gov/recycle/reducing-wasted-food-home)

#### Reduce single-use products:

- Reduce waste from food packaging by shopping in the bulk section of the grocery store. Some stores will allow you to bring your own jar or cloth produce bag to avoid using plastic bags.
- Avoid the temptation to use disposable plates, straws, and utensils. Carry a reusable utensil set and bring your own reusable container to restaurants.
- Bring your own coffee cups, reusable bags and reusable water bottle when on-the-go.



#### Other reduction tips:

- Cancel junk mail at [catalogchoice.org/](https://catalogchoice.org/)
- Use cloth towels instead of paper towels for cleaning surfaces and drying up spills.
- Make your own products. From all-purpose cleaner to condiments, you can cut back significantly on packaging by making your own products and reusing the storage container.



**TIP: Keep the bags somewhere you won't forget to bring them into the store!**

### Step 2. When you can't reduce, reuse!

- Use old plastic dairy tubs as plant pots for growing plants from seeds.
- Instead of purchasing mason jars, consider reusing an old spaghetti sauce jar.
- Use plastic shopping bags as small garbage can liners or pet waste bags.



For more tips on ways to reduce waste, go to [epa.gov/recycle/reducing-waste-what-you-can-do](https://epa.gov/recycle/reducing-waste-what-you-can-do)