

Week 1: Reuse, Reduce, then Recycle



As a first step in waste reduction we're taught the 3 R's — Reduce, Reuse, and Recycle. Simple enough, right? Well ... often packaging made from recyclable materials like plastic can only be recycled at special facilities, and items can get unnecessarily overpackaged with materials that look more sustainable, like paper. To avoid the confusion, sticking to reducing and reusing where you can!

Plastic Breakdown

Commonly Recycled Plastics:

- 1 — PET, water bottles and plastic trays
- 2 — DHPE, milk jugs and shampoo bottles
- 5 — PP, meal-ready trays and butter tubs

The thinner the plastic, the harder it is to recycle. Try your best to reduce plastic bag and film usage!

Find film recycling locations near you:

<https://bagandfilmrecycling.org/view/fdod>



How can I cut down on my packaging waste?

- Buy refills for soap/cleaning supplies
- Bring a reusable bag to the store
- Shop at zero-waste stores, like Ecoternatives
- Look for minimal waste certifications on products
- Store leftovers/to-go food in Tupperwares

Thank you again for joining the Sustainable Habits Challenge. We hope Week 1 is going well and that you have already learned a lot about your habits thus far. Contact iseesustainabilitychallenge@gmail.com with questions, stories, or feedback!

Please submit your Week 1 form by Sunday night, 10/8.