

REMEMBER...
**Reduce, Reuse,
Recycle and
Compost**

*For more information on
reducing solid waste and recycling:*

New York State Department of
Environmental Conservation (DEC)
Bureau of Waste Reduction and Recycling

[dec.ny.gov/environmental-protection/
recycling-composting](http://dec.ny.gov/environmental-protection/
recycling-composting)

518-402-8706



A MESSAGE FROM...
**Speaker of the Assembly
Carl E. Heastie**



Dear Friend,

Waste, or “source,”
reduction aims to
eliminate solid waste
before it is produced,
both in the home and
in the workplace. That
can significantly reduce the amount of
garbage we produce.

This brochure offers quick and effective
tips to reduce your household waste.
I hope this information is useful to you.
Please let me know if I can be of additional
help with this or any other matter.

Sincerely,

Carl E. Heastie
Speaker of the Assembly

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Updated 4/24

**Solid
Waste
REDUCTION**

*Make a difference
a little bit at a time*

COURTESY OF
**Speaker of the Assembly
Carl E. Heastie**



Your small changes can make a big difference!

Reducing waste at the source doesn't require a major change in lifestyle. Here are some suggestions for small changes that can reduce the amount of garbage you produce at home and at work:

- Use a refillable container for water in place of bottled water.
- Return bottles for their deposits.
- Buy recycled products whenever possible.
- Buy loose fruits and vegetables or bring your own reusable produce bags.
- Don't use paper/plastic dishware. Use a mug or glass and use cloth napkins instead of paper napkins.
- When ordering takeout or delivery, let food service staff know to skip plastic straws, cutlery or condiment packets if you don't need these items.
- Use glass or plastic containers to store food and beverages.
- Use dishcloths instead of paper towels to clean up. Tear up old clothes for household rags.
- Leave lawn and grass clippings on the lawn or put them in gardens.



- Start your own backyard compost pile for food and yard waste.
- Use a garbage disposal to reduce the amount of food scraps thrown away.
- Use both sides of paper, especially for quick notes and messages.
- Print out work from home and office computers only when necessary.
- Switch to online newspaper and magazine subscriptions.
- Limit junk mail with DMAchoice, a non-profit mail preference service with a small processing fee offered by the Association of National Advertisers (ANA). DMAchoice can reduce mailed solicitations from companies or organizations looking for your business as a potential new customer or donor. Visit dmachoice.org for more information.

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Think about it...

New Yorkers generate a lot of trash at home, work and school! According to the New York State Department of Environmental Conservation, we make **over 4 pounds of trash per person per day** in New York State. Many items we throw away could be repaired, recycled, reused or composted instead!



Conduct your own waste audit

The best way to reduce the amount of garbage you produce is to examine how you actually generate it. A simple "waste audit" can reduce your consumption of natural resources and improve our environment.

- Determine the type and amount of garbage you produce. Examine how you and your family or co-workers produce waste and decide together on ways to produce less.
- Look at all parts of your waste stream, including the material you are recycling. The goal of waste reduction is to reduce all waste that is produced, including materials that can be recycled.
- Don't forget to include a plan in your audit for dealing with seasonal waste, such as grass clippings or Christmas trees.
- Weigh your waste before and after you start your own waste reduction program to see how much you have achieved.