New Yorkers generate a lot of trash at home, work and school. We make over 4.5 pounds of trash per person per day in New York State.

Many items we throw away could be recycled, reused or composted instead.

New York has approximately 30 landfills that accept approximately 6 million tons of waste per year from across the state.

Source: New York State Department of Environmental Conservation (DEC), www.dec.ny.gov/chemical/294.html

Updated 5/21

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 provides quick and effective tips on how you can reduce your household waste. Please let me know if I can be of additional help on this or any other matter.

Sincerely,

Carl E. Heastie
Speaker of the Assembly

www.nyassembly.gov

District Office
250 Broadway, Suite 2301
New York, NY 10007
212-312-1400

Albany Office
Rm. 932, LOB
Albany, NY 12248
518-455-3791

Email: speaker@nyassembly.gov

Make a difference

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a little bit at a time

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Start small

Reducing waste at the source doesn’t require a major change in lifestyle. Small changes can make a big difference. Here are some suggestions that can reduce the amount of garbage you produce at home and at work.

- 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.
- 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.
- 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.
- Leave lawn and grass clippings on the lawn or put them in gardens.

Limit junk mail

If you want to limit which junk mail you receive, you can register for a ten-year period with the Direct Marketing Association’s Mail Preference Service at www.dmachoice.org for a $2 processing fee. Or, if you prefer to register by mail, include your name, address and signature along with a $3 check for processing (payable to ANA) to:

DMChoice
Consumer Preferences
P.O. Box 900
Cos Cob, CT 06807

To eliminate unwanted catalogs:
www.catalogchoice.org

For additional options:
www.dmachoice.org

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.

Remember ... Reduce, Reuse, Recycle and Compost.

For more information on reducing waste, check out the following:

NYS Department of Environmental Conservation
625 Broadway, Albany, NY 12233
518-402-8013
www.dec.ny.gov/public/43706.html

Local recycling coordinators
www.dec.ny.gov/chemical/8511.html

Recycling and composting information
www.dec.ny.gov/chemical/294.html

Recycling or reuse of electronic waste
call 518-402-8706