

## Waste Reduction Tip Sheet

### ? Did You Know?

15% of what goes into the average Calgary black bin is actually garbage and the other 85% could be diverted in some way<sup>1</sup>? The average Calgarian throws 1,000 kilograms of garbage into our landfills each year – that’s 50 black garbage bags per person per year and 200 bags for a family of four. That means every year Calgarians send 55 million bags of garbage to the landfill! More than half of this “waste” is organic and includes kitchen scraps and food waste, leaves, grass, and other yard waste.

**We can all do our part to REDUCE, REUSE, RECYCLE and COMPOST! Remember, the most important of the 4 is REDUCE.**



#### Single-family waste



#### Multi-family waste



#### TAKE ACTION - NO COST

- Use your blue cart and follow the City of Calgary “Easy Guide to Recycling”.
- Use your community recycling depot to divert recyclable materials away from the landfill.
- Bring reusable bags and containers when shopping, traveling and packing lunches. Keep reusable grocery bags in the car so you won’t forget them.

#### TAKE ACTION - LOW COST

- Put a No Junk Mail sticker on your mailbox to reduce the amount of unwanted mail you receive.
- Purchase recycled products, helping to close the recycling loop. Toilet paper and facial tissues are great items to start with.
- Shop at second hand stores and online sites like Kijiji and Craigslist. Likewise, donate items you no longer need.
- Choose products that are good quality that will last a long time.

1. **What’s in Calgary’s garbage? (2014).** Retrieved October 16, 2014 from <http://www.calgary.ca/UEP/WRS/Pages/City-initiatives/Calgarys-Garbage.aspx>

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### Waste Reduction: Best Practices

Use this table to identify what you should avoid doing and some of the good and even better practices related to waste coming into your home and the waste going out of your home. You'll not only be doing the environment some good, you can also save money in the long run.

	AVOID	GOOD	EVEN BETTER
<b>BUYING BEHAVIOURS</b>	<ul style="list-style-type: none"><li>• Shopping with no consideration of the environmental impacts.</li></ul>	<ul style="list-style-type: none"><li>• Shopping with consideration of environmental impacts.</li></ul>	<ul style="list-style-type: none"><li>• Shopping with consideration of environmental impacts &amp; supports local/green businesses.</li></ul>
<b>INCOMING WASTE (PURCHASING)</b>	<ul style="list-style-type: none"><li>• Frivolous or impulse shopping.</li><li>• No consideration given to product packaging. For example, purchasing individually wrapped items.</li><li>• Frequent purchasing of disposable or single serving items for convenience. For example, single use yogurt containers or the regular use of disposable forks &amp; spoons.</li></ul>	<ul style="list-style-type: none"><li>• Buy only what you need or have a planned use for and/or that can easily be re-used or recycled.</li><li>• Choose products with less packaging or come in recyclable or reusable packaging. Shop with re-usable bags.</li><li>• Buy items that are reusable over disposable whenever possible.</li><li>• Plan ahead for litter-less lunches and snacks.</li><li>• Buy items that are durable and that can be re-used or recycled.</li></ul>	<ul style="list-style-type: none"><li>• Instead of buying, borrows, rents or shares items whenever possible.</li><li>• Choose items that have minimal to no packaging. And bring your own re-usable bag to carry them home!</li><li>• Never purchase disposable or single serving items.</li><li>• Always bring your own re-usable cups and/or foodware.</li><li>• Choose high quality durable items that can be re-used or recycled locally.</li><li>• Buy second-hand items whenever possible rather than new.</li></ul>
<b>OUTGOING WASTE (DISPOSAL)</b>	<ul style="list-style-type: none"><li>• Regularly throwing unwanted items into the garbage with no effort to re-use or recycle.</li><li>• No effort to compost food scraps and yard waste.</li><li>• Hazardous waste is put into regular garbage or poured down the drain.</li></ul>	<ul style="list-style-type: none"><li>• Comply with most applicable recycling practices in the community.</li><li>• Participates in seasonal municipal compost programs for yard waste and other organic materials.</li><li>• Best effort is made to dispose of hazardous waste properly.</li></ul>	<ul style="list-style-type: none"><li>• Comply with all applicable recycling practices in the community.</li><li>• All food scraps and yard waste are composted regularly and not included in household garbage.</li><li>• All hazardous materials are disposed of properly.</li></ul>