

# YOUR FOUR Rs CHECKLIST

Here are a few ways to help you reduce the stuff you buy, reuse more, and recycle what is left.



Keep a box in your closet for clothing and accessories you no longer want. When it fills up, take it to a donation center, thrift shop, or online consignment store. Or get your friends together for a closet swap and trade for something new (or new-to-you, at least).

Donate worn, torn, or stained sheets, towels, and blankets to a local humane society or veterinary clinic.



Before you buy a brand-new appliance, search Craigslist or Facebook Marketplace to see if there is a perfectly good used option available locally and with minimal packaging.

Store a "to-go kit" in your car with travel mugs or cups for both hot and cold liquids, stainless steel or silicone straws, a set of reusable utensils (fork, spoon, and knife or even a multi-use "spork"), and cloth napkins or towels for cleaning up messes.



Stash a bag full of reusable shopping bags in the trunk of your car so they're there when you need them.

Find out if your town offers curbside pick-up or drop-off composting programs. They'll often provide you with a bin into which you can throw your food scraps and coffee grounds to be turned into nutrient-rich compost. If your town doesn't have a program, ask them to consider starting one.



Stock up on reusable snack and storage bags for meals on the go. Try out a bento box for school (or even grown-up) lunches.

Have an item your local recycling or donation center can't take? Find out where you can recycle or repurpose virtually any material (including torn or stained clothing) using the Recyclopedia directory at [recyclesmartma.org](http://recyclesmartma.org).



For hard-to-recycle items like chip and snack bags, water filter cartridges, toothpaste tubes and toothbrushes, cosmetics packaging, and even guitar strings, visit [terracycle.com](http://terracycle.com) to join one of their free mail-in or drop-off recycling programs.

Next to your regular recycling bin, keep a container for plastic film, including grocery, produce, newspaper, bread, and dry cleaning bags; disposable zip-top bags; bubble wrap and air pillows; and various kinds of product wrap. Your local grocery store likely accepts these items.



What are your tricks to reduce, reuse, and recycle? Send them to us at [explore@massaudubon.org](mailto:explore@massaudubon.org) or share them in our brand-new Climate Action Group, hosted under our Facebook page!