

Reduce, Reuse, Recycle..Repeat

Recycle

Reduce

The average American produces 4lbs of trash everyday. Empower yourself and know the different ways that you can help to preserve the environment for future generations by reducing the amount of waste produced in your home.

- Pay attention to packaging and don't pay for excess packaging.
- Buy in bulk instead of single serving measurements.
- Use CFL light bulbs instead of incandescent.
- Use native plants that are disease and drought resistant.
- Car pool, ride a bike, or walk instead of driving.
- Combine shopping trips into one instead of multiple.
- Maintain your grass at a higher height.
- Buy a water filter instead of bottles of water.
- Place tennis balls in your dryer to make wet clothes dry faster.

Remember these are just a few ideas. Think outside the box and see what others ways you can reduce.

Reduce
your



Carbon
Footprint

Reuse

In the past several decades American culture has embraced the ideas of disposables, but is the disposable life sustainable? What are some ways you can make a difference by applying the concept of 'reuse' to your life? Here are just a few ideas, remember to stretch your mind come up with some of your own ideas.

- Carry a reusable water bottle.
- Take reusable bags everywhere you go and actually use them.
- Donate your clothes and buy clothes from a second-hand shop
- Frequent yard sales or have one of your own.
- Visit your public library.
- Reuse bread ties or nylons to tie up tomatoes and other plants.
- Use gift bags and cardboard boxes more than once.
- Reuse dryer sheets four or five times.
- Refill ink cartridges to use them again and again.
- Share tools and other household equipment with neighbors.



Recycle

Recycling creates jobs, reduces oil dependency, uses less energy, conserves water, and protects natural resources. Recyclables can be separated for curbside or drop-off recycling. Plastic and glass bottles, aluminum or bi-metallic tin cans, newspapers, magazines and catalogs, junk mail, mixed office paper, and cardboard can all be recycled in your area. There are so many other materials that can be recycled. Be creative and find sources in your area, but here are some examples.

- Composting can recycle food scraps and yard waste into new soil.
- Practice grasscycling by letting your lawn clippings lay.
- Install a rainbarrel to collect and recycle rain water on your garden or use it to wash your car.
- Plant a rain garden to help prevent run-off and cycle water back into the underground supply.
- Many home items can be recycled into crafts for kids.
- Electronics can be dismantled and recycled into new products.

Close
the
loop
and
buy
recycled!



How to Implement a Recycling Program in Your Home.

1. **Know what can be recycled in your area.** Every region can have a different market for recyclables, but most have several similar items including: Plastic and glass bottles, aluminum and bi-metallic cans, newspapers, cardboard, magazines and catalogs, and mixed office paper. And remember to think outside of the box and utilize all the resources available to you.

The website Earth911.com is a great on-line resource. Begin by typing in the material that you are looking to recycle and your zipcode. The website will do the rest and tell you the nearest available location to recycle that material.

If you contact your local recycling office or County Solid Waste Coordinator it is easy to learn what materials are recyclable in your area.

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423 Allegheny Street
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2. **Convenience really is the key to success when it comes to recycling.** Most people will do the right thing when given the chance. Be sure to place recycling receptacles next to garbage cans, especially in the kitchen where most recyclable material will be used. Invite and remind people to use them when visiting your home. Remember to provide containers for paper recycling in your home office or in places where you generate paper. Recycling will become second nature after a program is in place and followed.



3. Keep your recyclables clean and separated from your trash. Recycling is good for the environment and easy to do. **RECYCLING MIXED WITH TRASH IS TRASH!**

The Intermunicipal Relations Committee is a Council of Governments formed by the City of Altoona, Hollidaysburg Borough, Logan Township, and Tyrone Borough to oversee recycling in these areas. If you would like to learn more, need assistance, or have a speaker for your group please call 814-942-7472 or email kpope@ircenvironment.org.



www.ircenvironment.org