

Buying Recycled

If you've heard the term "close the loop" when talking about recycling, here's your chance to complete those chasing arrows. The third part of the arrows is to "buy recycled" or purchase products made from the items we have recycled. If we simply recycle, without buying recycled items, then we aren't creating a demand for those items.

In case your coworkers still have issues with recycled content office paper, a 1998 study that tested 30% post-consumer recycled paper found that it meets or exceeds the quality of virgin paper and works without complications in office equipment. You can create a policy at work for buying recycled; review your purchasing policies, check your inventory and see what can be bought with recycled content.

What Can You Buy?

The following items contain recycled content: toilet paper (made from magazines), cereal boxes (made



from corrugated cardboard), egg cartons (made from newspapers instead of foam), some clothing and carpeting (made from plastic bottles #1), some benches, picnic tables and deck materials (made from plastic bottles #2), office supplies (paper, gold envelopes, folders, note pads), landscape material (shredded tires) and more.

Where Can You Buy It?

Office Supply Stores

Office Depot Green Products Catalog
• www.officedepot.com/buygreen

Office Max

• www.officemax.com

Type "recycled" in the search box and it will show items with recycled content.

EPA's Comprehensive Procurement Guideline (database)

• www.epa.gov/waste/conserve/tools/cpg/index.htm

- paper and non-paper office products, landscaping, construction, park and recreation products, transportation and vehicle and other misc. items

Recycled-Content Product Directory

• www.ciwmb.ca.gov/RCP

Other Companies

Weisenbach Specialty Printing
Promotional Items
(800) 778-5420
www.RecycledProducts.com

AmeriMark Direct
Promotional items
(800) 228-0525
www.amerimarkdirect.com



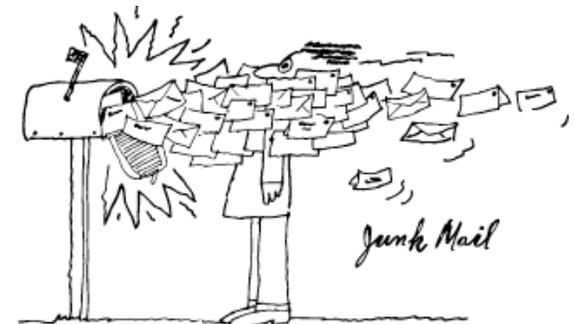
Waste Prevention Waste Reduction, and Buying Recycled

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#1 Way to Prevent Waste?

Teach children how to prevent waste, recycle and conserve our resources so we have more to work with in the future.



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Waste Prevention

Although recycling is a common way to reduce the amount of garbage we throw away, waste prevention and waste reduction are two concepts that fall first in the order of how we should handle our waste. Prevention is a mindset, a change in habits, asking ourselves questions like, do we really need something or do we just want it, which item has the least amount of packaging? Prevent waste before it's even generated.

How Can You Prevent Waste?

Shopping

- **Bags**
Bring your own bags to prevent throwing out paper or plastic bags.
- **Buy in Bulk**
Less packaging with bulk items.
- **Buy Durable, Reusable and Refillable**
Instead of buying disposable items, buy items that will last a long time (or rent them), can be reused or refilled.



Unwanted Mail

Visit www.catalogchoice.org, www.dmachoice.org, or www.recycleworks.org to remove your name from mailing lists.

Use E-mail and Avoid Printing

E-mail instead of writing and avoiding printing both prevent paper waste.

Transportation

Can you walk, bike, take the bus or carpool with someone to prevent pollution?

Donate Items to Thrift Stores, Buy or Sell Locally or Online

Instead of throwing out clothing or household goods, give gently used items another life; donate them to thrift stores or sell them online. When looking to buy items, consider thrift stores or www.craigslist.org. To give away or find free items, visit www.freecycle.org or www.ndhealth.gov/freeme.

Waste Reduction

Reducing our waste in the first place is key to helping curb what's headed to our landfills. Preventing and reducing waste helps save energy, uses fewer natural resources and reduces pollution and typically saves money. Reuse items to help reduce waste. Taking yard waste (grass, leaves) and fruit and vegetable scraps and composting it is a great example of reducing our waste. See the separate Composting in Your Backyard brochure from the ND Department of Health.

Packaging

Packaging is a very visible part (25%) of our waste stream. We can reduce our waste through changing habits such as choosing no packaging or minimal packaging. If this isn't an option, than is it returnable, refillable, reusable, recyclable or made with recycled materials? When evaluating the package that your intended purchase comes in, ask yourself, "Is the minimum amount of packaging used to meet the packaging needs?" Purchasing concentrates or bulk items can help reduce the amount of packaging rather than single-serve items.



How Can You Reduce Waste?

Grocery Shopping

Buy items with no package or the least amount of packaging.

At Home

Use a hand drying towel or dish cloths instead of paper towels. Buy small amounts of paint, cleaners, etc. or share products between friends to avoid disposal of unused or unwanted items. Reduce chemical use by weeding by hand.

At the Office

Use a coffee mug instead of foam cups. Use refillable printer cartridges. Set your printer to automatically duplex (double-side) print jobs. Bring your lunch in reusable containers instead of disposable wraps.

Picnic

Take real plates, cups and utensils instead of disposable ones.