

## Additional Ideas

- ☛ Purchase durable goods that can be maintained and/or repaired.
- ☛ Compost food and yard wastes.
- ☛ Donate unwanted clothes, furniture, and appliances.
- ☛ Be creative. Continue to look for new ways to reduce and reuse items.
- ☛ Purchase a battery charger, and use rechargeable batteries.
- ☛ Give old magazines to hospitals, nursing homes, churches, etc.
- ☛ Cut down on junk mail. Write to:

Mail Preference Service  
Direct Marketing Association  
P.O. Box 3861  
New York, New York 10163-3861

or

Equifax Options  
P.O. Box 740123  
Atlanta, Georgia 30374-0123

*Ask them to take your name off  
direct mailing lists.*



### GLOW Region Solid Waste Management Committee

26 Harvester Avenue  
Batavia, New York 14020  
Phone: 716/344-4035  
Fax: 716/344-4037

*Recycling Hotline:*

**1-800-836-1154**



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# YOUR GUIDE TO ENVIRONMENTAL SHOPPING

## What's The Problem?

In the 1960's there were more than 1,600 landfills across New York State. Today there are less than 200, and this number continues to decrease. These landfills have been forced to close, because they have reached capacity, or they have become a threat to the environment.

New facilities are difficult to site, expensive to build, and are subject to strict environmental regulations. As disposal options become increasingly limited, competition for available space increases. This results in higher disposal costs for the consumer.

## What Can I Do?

Think before you buy. Become an environmental shopper or precycler! Precycling means making less garbage. Packaging accounts for 1/3 of the garbage that we throw away, and it also accounts for \$1 out of every \$11 spent on groceries.

### There are three things to remember when shopping:

- 1.) Purchase those products that have little or no packaging.
- 2.) Buy products whose packaging is made from recycled material.
- 3.) Purchase those products whose packaging can be recycled.

By following these three simple guidelines you can help reduce the amount of garbage that is being sent to our already overburdened landfills.



## The 3 R's of Environmental Shopping

### REDUCE

- ☞ *Avoid excessively packaged items.*
  1. Single serve, microwave meals.
  2. Juice boxes.
- ☞ *Choose products with little packaging.*
  1. Purchase products from bulk, produce, and deli departments instead of prepackaged items.
  2. Purchase large, economy size, non-perishable goods where possible.
- ☞ *Purchase concentrated detergents and cleaners.*
- ☞ *Buy toothpaste in a tube, rather than in a pump dispenser.*

### REUSE

- ☞ *B.Y.O.B. (Bring Your Own Bag). Use cloth, reusable bags instead of taking a paper or plastic bag.*
- ☞ *Use sponges, towels, and cloth napkins instead of paper products.*
- ☞ *Carry a refillable mug instead of using a paper or plastic cup.*
- ☞ *Use an electric razor rather than disposables.*

### RECYCLE

- ☞ *Where possible, purchase items whose package can be recycled.*
  1. Glass (Brown, Green, Clear)
  2. Metal Cans
  3. Plastic Containers (#1 and #2)
- ☞ *Check with local recycling programs for a list of acceptable recyclable materials.*

Not only does precycling help save the environment, it also helps you to save money!

## Recipes For Safer Household Cleaning Products



### All Purpose Cleaner

To 1 quart water (warm or hot) add one of the following:

1 teaspoon liquid soap

Boric acid (Borax)

Lemon juice and/or vinegar

*\*Make stronger according to the job to be done.*

### Glass Cleaner

1 tablespoon vinegar or lemon juice

1 quart water

*Use newspapers to wipe dry*

### Drain Cleaner

Pour boiling water down your drains once a week. Plunge or use drain snake where needed.

### Oven Cleaner

Clean spills as soon as the oven cools using steel wool and baking soda. For really tough spills add salt. **DO NOT** use this cleaning method on self-cleaning or continuous-clean ovens.

### Toilet Bowl Cleaner

Use vinegar or baking soda and a toilet brush.

### Furniture Polish

1 teaspoon lemon oil

1 pint mineral or vegetable oil

### Rug Deodorizer

Sprinkle carpet liberally with baking soda to deodorize. Wait 15 minutes and vacuum.

### Roach and Ant Repellent

Sprinkle boric acid (Borax) along cupboard edges, baseboards, and in cracks.

### Mothballs

Use cedar chips, lavender flowers, rosemary, or white peppercorns in place of mothballs.

### Flea and Tick Remover

Mix brewer's yeast or garlic in your pet's food. Sprinkle fennel, rosemary, or eucalyptus seeds or leaves around your pets sleeping areas.

### Metal Polishes

-Brass, Bronze, Copper (unlacquered)

Equal parts of salt, flour, and vinegar.

-Silver

Rub with baking soda paste.

**\*DO NOT MIX AMONIA AND CHLORINE\***