

reducing waste in the home

reducing, reusing, and recycling



overview

**understanding
waste**

the 7Rs

taking action



01

**understanding
waste**

understanding waste

01 what is waste?

02 fast facts

03 how waste reduction helps





what is waste?

*"material that is
not wanted;
the unusable
remains or
byproducts
of something"*

the world generates at least

3.5 million tons

of plastic and
other solid
waste every
day.



recycling

**one ton of
office paper**

can save the energy
equivalent of

322 gal

of gas





**if you reuse,
reduce, and
recycle, you can
reduce the
amount of waste
you produce.**

and you can start in your home!

02

the 7Rs

the 7Rs

01 rethink

02 refuse

05 reuse

03 reduce

06 recycle

04 repurpose

07 rot



rethink

*reconsider how to use a
product and natural
resources*

be actively mindful
about your
consumption

refuse

*indicate that one is not
willing to accept or refuse
something offered or
requested*

do not consume when you
do not need to

*to make smaller
or less in amount,
degree, or size*



reduce

in other words,
lessen your
consumption, especially of
goods that are single-use

repurpose

adapt for use in a different purpose

transform items that would have been thrown away instead

reuse

*to use again or
more than once*

utilize items again and again
to avoid purchasing a new
item

recycle

*to convert waste into
reusable material*

recycle so that new materials
do not need to be extracted

rot

*decay by the action of
bacteria and fungi;
decompose*

start composting and turn
your organic waste into
nutrient-rich soil

now it's time to
apply this
knowledge!

use this new information
to alter your lifestyle,
starting with your home



03

take action

take action

- 01 your recycling center
- 02 hard-to-recycle items
- 03 changes you can make



every city recycles differently

check the website of your recycler to see the kinds of plastic they recycle

PLASTIC RECYCLING SYMBOLS



PET
(POLYETHYLENE TEREPHTHALATE)

—
COSMETIC CONTAINERS
PLASTIC BOTTLES
MOUTHWASH BOTTLES
PREPARED FOOD TRAYS



HDPE
(HIGH DENSITY POLYETHYLENE)

—
DETERGENT BOTTLES
GROCERY BAGS
MILK BOTTLES
SHAMPOO BOTTLES



PVC
(POLYVINYL CHLORIDE)

—
GARDEN HOSE
WINDOW FRAMES
BLOOD BAGS
BLISTER PACKS



LDPE
(LOW DENSITY POLYETHYLENE)

—
6 PACK RINGS
CLING FILM
BREAD BAGS
SQUEEZABLE BOTTLES



PP
(POLYPROPYLENE)

—
YOGURT CONTAINERS
MEDICINE BOTTLES
CAPS
STRAWES



PS
(POLYSTYRENE)

—
DISPOSABLE PLATES AND CUPS
EGG CARTONS
HEAT TRAYS
TAKE-OUT CONTAINERS



OTHER

—
SUNGLASSES
NYLON
BULLETPROOF MATERIALS
3 AND 5 GALLON WATER BOTTLES



Some stores accept hard-to-recycle items

Office supply, home, and hardware stores may take your problematic items, like lightbulbs, toner cartridges, or batteries

In the kitchen:



Reduce your waste by using reusable containers, bottles, and bags.

In the kitchen:

Cover dishes with plates
instead of single-use
plastic wrap.



In the kitchen:

A top-down view of a white plate with silverware arranged around it on a white surface. The silverware includes a fork on the left, a knife on the right, and two spoons at the top. The items are clean and reflective.

Utilize reusable dishes, glasses, and cutlery at all times.

In the kitchen:



Wash fabric napkins and dishtowels to cut down on paper towels.

In the kitchen:

Buy and clean with environmentally friendly, non-toxic dish soaps.



In the kitchen:

A large pile of kitchen food waste, including carrot peels, onion skins, and vegetable scraps, is shown. The waste is piled high and appears to be ready for composting.

Compost all of the food waste produced in your kitchen.

When shopping:

Avoid single-serving containers + individually packaged goods.



When shopping:



Buy food in bulk — it's cheaper and reduces waste.

When shopping:



Shop with reusable bags/containers

When shopping:

Shop at farmers' markets — buy straight from the source.



**In the
bathroom:**

Move away
from
disposable
and plastic
toothbrushes
and razors.



In the bathroom:



Buy environmentally-friendly, soaps and shampoos – avoid microplastics.

In the bathroom:

Use bamboo or wood-based hairbrushes, combs, and toothbrushes.



And elsewhere:

Purchase
and use
biodegradable
garbage bags in
every room in
your home



A row of colorful recycling and trash bins (green, yellow, red) outdoors. The bins are lined up on a paved surface. The background is slightly blurred, showing a dark asphalt ground and a metal fence or structure.

And elsewhere:

Opt into using larger recycling and compost bins, as well as smaller trash bins from your waste disposal service.

And elsewhere:

A sleek, silver, cylindrical pen lies diagonally across the upper right portion of the image. The pen is positioned on a light grey surface, which appears to be a piece of paper or a folder, as indicated by a dark grey shadow and a crease. The lighting is soft, highlighting the metallic texture of the pen.

Refill office supplies
instead of buying new,
like refillable pens,
toner cartridges



Final things to remember

Make sure you sort your waste correctly – one misplaced piece of trash in a recycling bin can cause the entire load to be scrapped as trash.

Try your best to apply these changes! With one step at a time, we will make the Earth a greener place.



Thank You

FOR BEING A PIONEER OF
CHANGE AND CREATING A
WORLD THAT IS KIND TO ITS
PEOPLE AND ITS HOME

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GLOBAL
CLIMATE
Pledge