



EcoNugget

Recycle Less

Why –

- Recycling requires energy to collect, transport and process materials.
- Creating new products from what is recycled also consumes energy.
- Not all materials are easily recyclable.

How –

- Refill your own plastic or glass containers with shampoo, body lotion, dish detergent and laundry soap at bulk stores.
- Make your own household cleaners.
- Buy second hand clothing, furniture and household items. You will have little or no packaging to recycle.
- Avoid buying produce wrapped in plastic or in plastic containers. Bring reusable produce bags.
- Use travel mugs, reusable water bottles and bring your own cutlery, containers and napkins when eating take out-food.

To learn more, go to <https://davidsuzuki.org/living-green/four-ways-recycle-less/>

For further information contact:

nvecoboosters@gmail.com