**Refuse**

Refuse items that cannot be recycled and “always” end up being thrown away. These items are just plain wasteful and can be damaging to the environment; especially when they are tossed as litter. GREAT NEWS! Environmentally friendly, convenient affordable alternatives exist and are available to everyone.

Just Say "No!"

* Plastic drink bottles (#1 plastic)
* Plastic Shopping Bags
* Disposable Beverage Cups
* Children's shoes with flashing lights in them
* Products or items that cannot be recycled easily
* Styrofoam
* Single use items (e.g. Choose rechargeable batteries)
* Take out containers
* Herbicides and Pesticides
* Non-biodegradable cleaners and soaps (avoid phosphates and laurel sulfates)
* Plastic straws and cutlery

**Repair**

Fix items whenever possible, rather than tossing them out and buying new ones. If the item cannot be repaired or the cost to repair is too much relative to a new one; ensure that the item is recycled properly and not taken to the landfill.

Learn a new skill or support someone local who does repairs:

* Sewing/clothing
* Vehicle maintenance
* Bicycles
* Furniture
* Lawn mower
* Recreational vehicles
* Glasses
* Re-sole Footwear
* Straps and handles on bags and totes
* Decorative items
* Jewelry
* Re-sharpen knives and scissors

**Reduce**

Reducing consumption is the best option, try buying less “stuff.” Re-evaluate your requirements and buy only what you will need.

LESS: Buying fewer products to meet your needs means less resource consumption and less waste.   
SAVE TREES: Consider NOT printing, or if necessary, photocopy or print on both sides of the paper. Cancel unwanted mail and magazines by requesting that your name be removed from mailing lists.   
BUY IN BULK: Avoid single serving products in favour of larger servings or buying in bulk. Buy larger quantities which will mean less packaging and fewer trips to the store (which saves fuel and reduces emissions).   
PLAN: Plan meals for the week and reduce the number of trips to the grocery store and food waste.

**Did You Know?** According to a 2005 report, the *Earth Policy Institute* demonstrated that the global economy produces $56,000,000,000,000 (56 trillion dollars) of goods and services each year. (Consume This)  
**Did You Know?** *Food Share Toronto* reported in 2005 that on average in Canada, local produce is transported 101 km from producer to plate while imported produce is transported a whopping 5643 km. (Consume This)