**Reuse (and Re-purpose)**

Find ways to use items again and again. Borrow, lend, repair, share and find new purposes for things rather than purchasing new.

REUSABLE: Buy reusable instead of single use/disposable.
CLOTH BAGS: Take along your reusable shopping bag and refuse plastic shopping bags. If you forget your reusable bag, carry your goods without one or wheel your cart to the car and just unload the groceries straight into your car.
PRODUCE BAGS: Use cotton mesh bags for produce and bulk items.
DRINK: Take along your refillable drink bottle made of glass, metal or BPA free plastic. Need to refill your reusable bottle while out in Williams Lake? Check out [*Tap to Bottle*](http://www.ccconserv.org/water-wise.html#tap).
USED: Buy second hand or visit your local share shed for free items. Besides saving you money, previously loved goods don’t come with packaging. Consider “used items” before buying “new.”
TAKE OUT: When you’re leaving the house in the morning, and you don't have a lunch with you, grab a container, some cutlery and your travel mug; or keep a couple of “to-go-kits” in the car with your reusable shopping bags. Use your own reusable containers when picking up take-out food.
LUNCH: Pack your lunch with reusable containers and bag – a [garbage-free lunch](http://www.ccconserv.org/waste-wise/waste-wise.html#lunches)\* is your goal!
COFFEE: Take your reusable “to go” cup to your local coffee shop for a refill.
DONATE: Donate items to charity shops, the Salvation Army or sell them at a consignment store.

\*Garbage-Free (Litterless) Lunches
Garbage-free lunches reduce waste, save money and are good for the environment! Take a garbage-free lunch to school or work. Remember to take home your banana peel or apple core for your compost, or drop it in your school or office composter.

**Include:**

* Reusable containers for sandwiches, salads, cookies, vegetables, etc.
* A small thermos for hot foods such a soup or other leftovers
* Whole fruits or cut-up fruits and vegetables placed in a reusable container
* Refillable drink containers
* Snacks, purchased in bulk and dished out into smaller in reusable containers
* Cloth napkins
* Reusable spoons and forks
* Ice or water frozen in a container will keep lunch fresh and drinks cold
* A lunch box or bag that you will reuse many times.

**Refuse:**

* Individually-wrapped or prepackaged snacks such as chips, cookies, fruit roll-ups, granola bars, cheese strings, rise crispy squares, “Lunchables,” prepackaged cheese and crackers (the red plastic stick is not recyclable)
* Ice packs with the toxic blue goo.
* Individual, single-serving yogurt, fruit or pudding cups
* Plastic baggies
* Foods wrapped in plastic wrap
* Disposable forks and spoons
* Straws
* Paper towels or napkins
* Paper bags

If you purchase individually-packaged drinks, ensure the containers can and will be recycled (cans, juice boxes). Check out Encorp’s **School Recycling Programs** and raise money for your school and help the environment at the same time. [www.return-it.ca/youthcentre](http://www.return-it.ca/youthcentre).

**Skip the bottled water** and their toxic [phthalates](http://en.wikipedia.org/wiki/Phthalates). 60% of Canadians say they get their drinking water from plastic bottles. At room temperature toxic phthalates leach out of #1 plastic bottles into drinks making them taste “old and stale.” The price you pay for bottled water is more than the price of gasoline per litre, and it is not as safe as regulated city tap water.

If your drinking water does not taste good, consider a filter system, or purchase large glass or BPA-free containers of water for your home or office.

BETTER YET! Funny-tasting water in Williams Lake comes from the chlorination process which ensures safe drinking water. **Easy solution: Leave your water out overnight in an open-top glass container and the chlorine will dissipate and your water will taste great for free!**

**Did You Know?** In Canada 70% of recyclable water bottles end up in landfills!
**Did You Know?** In 2007, $1.6 million refundable drink containers were discarded in landfills. 1/3 of those containers were plastic bottles.