



We all are inundated with trash. Here are suggestions which can help you minimize your impact on our fragile environment:

1. **Garbage** - Americans produce more and more of it every year, when we need to be producing less. Even the most waste-conscious among us can feel overwhelmed by the amount of household waste that goes beyond what municipal recyclers and compost bins can handle.
2. **Appliances** - Goodwill accepts working appliances, www.goodwill.org, or you can contact the Steel Recycling Institute to recycle them. 800/YES-1-CAN, www.recycle-steel.org.
3. **Batteries** - Rechargeables and single-use: Battery Solutions, 734/467-9110, www.batteryrecycling.com.
4. **Cardboard boxes** - Contact local non-profits and women's shelters to see if they can use them. Or, offer up used cardboard boxes at your local Freecycle.org listserv or on Craigslist.org for others who may need them for moving or storage. If your workplace collects at least 100 boxes or more each month, UsedCardboardBoxes.com accepts them for resale.
5. **CDs/DVDs/Game Disks** - Send scratched music or computer CDs, DVDs, and PlayStation or Nintendo video game disks to AuralTech for refinishing, and they'll work like new: 888/454-3223, www.auraltech.com.
6. **Clothes** - Wearable clothes can go to your local Goodwill outlet or shelter. Donate wearable women's business clothing to Dress for Success, which gives them to low-income women as they search for jobs, 212/532-1922, www.dressforsuccess.org. Offer unwearable clothes and towels to local animal boarding and shelter facilities, which often use them as pet bedding. Consider holding a clothes swap at your office, school, faith congregation or community center. Swap clothes with friends and colleagues, and save money on a new fall wardrobe and back-to-school clothes.
7. **Compact fluorescent bulbs** - Take them to your local IKEA store for recycling: www.ikea.com.
8. **Compostable bio-plastics** - You probably won't be able to compost these in your home compost bin or pile. Find a municipal composter to take them to at www.findacomposter.com.
9. **Computers and electronics** - Find the most responsible recyclers, local and national, at www.ban.org/pledge/locations.html.
10. **Disposing Batteries The Right Way** batteryspecialists.com.au/blogs/news/disposing-batteries-the-right-way
11. **Exercise videos** - Swap them with others at www.videofitness.com.
12. **Eyeglasses** - Your local Lion's Club or eye care chain may collect these. Lenses are reground and given to people in need.
13. **Foam packing** - Your local pack-and-ship store will likely accept foam peanuts for reuse. Or, call the Plastic Loose Fill Producers Council to find a drop-off site: 800/828-2214. For places to drop off foam blocks for recycling, contact the Alliance of Foam Packaging Recyclers, 410/451-8340, www.epspackaging.org/info.html
14. **Ink/toner cartridges** - Recycleplace.com pays \$1/each.
15. **Miscellaneous** - Get your unwanted items into the hands of people who can use them. Offer them up on your local Freecycle.org or Craigslist.org listserv, or try giving them away at Throwplace.com or giving or selling them at iReuse.com. iReuse.com will also help you find a recycler, if possible, when your items have reached the end of their useful lifecycle.

16. **Oil** - Find Used Motor Oil Hotlines for each state: 202/682-8000, www.recycleoil.org.
17. **Phones** - Donate cell phones: Collective Good will refurbish your phone and sell it to someone in a developing country: 770/856-9021, www.collectivegood.com. Call to Protect reprograms cell phones to dial 911 and gives them to domestic violence victims: www.donateaphone.com. Recycle single-line phones: Reclamere, 814/386-2927, www.reclamere.com.
18. **"Technotrash"** - Project KOPEG offers an e-waste recycling program that can help you raise funds for your organization. Use Project KOPEG to recycle iPods, MP3 players, cell phones and chargers, digital cameras, PDAs, palm pilots, and more. Also, easily recycle all of your CDs, jewel cases, DVDs, audio and video tapes, pagers, rechargeable and single-use batteries, PDAs, and ink/toner cartridges with GreenDisk's Technotrash program. For \$30, GreenDisk will send you a cardboard box in which you can ship them up to 70 pounds of any of the above. Your fee covers the box as well as shipping and recycling fees. 800/305-GREENDISK, www.greendisk.com.
19. **Tennis shoes** - Nike's Reuse-a-Shoe program turns old shoes into playground and athletic flooring. www.nikereuseashoe.com. One World Running will send still-wearable shoes to athletes in need in Africa, Latin America, and Haiti. www.oneworldrunning.com.
20. **Sustainable Footwear** - Did you know that about 25 billion shoes are manufactured every year ([Source](#))? If there are seven billion people in the world now, this means that each one of us is buying about three pairs of shoes every year. Some estimates show that around 95% of these shoes will end up in landfill ([Source](#)). This leads to an important question: How can the shoe industry assist in preserving the environment? Learn more by visiting www.astonbaby.com/sustainable-footwear-statistics-trends-tips/
21. **Toothbrushes and razors** - Buy a recycled plastic toothbrush or razor from Recycline, and the company will take it back to be recycled again into plastic lumber. Recycline products are made from used Stonyfield Farms' yogurt cups. 888/354-7296, www.recycline.com.
22. **Tyvek envelopes** - Quantities less than 25: Send to Shirley Cimburke, Tyvek Recycling Specialist, 5401 Jefferson Davis Hwy., Spot 197, Room 231, Richmond, VA 23234. Quantities larger than 25, call 866/33-TYVEK.
23. **Stuff you just can't recycle** - When practical, send such items back to the manufacturer and tell them they need to manufacture products that close the waste loop responsibly.



Wherever you are in your journey, you are welcome here