



Waste Reduction Tips

Be trash smart!

- » Bring your own coffee mug from home or buy a reusable mug
- » Replace disposable items with reusable ones
- » Buy used instead of new
- » Use rechargeable batteries
- » Refill plastic water bottles instead of buying new ones
- » Donate reusable items to charities
- » Instead of paper towels, use a sponge or cloth
- » Print or copy on both sides of the paper

Reduce pollution

- » Ride your bike, skateboard, or walk
- » Use public transportation
- » Keep the tires inflated on your car

Conserve Water

- » Turn the faucet off while brushing your teeth
- » Put a 24 oz. soda bottle filled with sand into your toilet tank (make sure the cap is on tight)
- » Put a low-flow washer in your shower head
- » Time your showers to ten minutes

When shopping...

- » Bring a canvass bag or old plastic/paper bags to bag your groceries in
- » Buy products with the least packaging
- » Only buy items that are made of post-consumer materials or come in packaging that is made from post-consumer materials
- » Pay attention to how you spend your money—we vote every day with our dollars

Save energy

- » Get in the habit of turning off lights when you leave the room
- » Use the energy saver setting on your computer
- » Restrict elevator use by using the stairs if going up one flight or down two
- » Close a lab fume hood
- » Close the blinds to keep the room cool

Use your local recycling programs

- » MIT Recycling Program: (617) 253-6360
- » Cambridge Recycling Hotline: (617) 349-4005

For more ways you can **recycle**, **reduce**, **reuse**, **repurchase**, and **rethink** visit our website: <http://web.mit.edu/facilities/environmental/recycling.html> or contact us at X3-6360, or recycling@mit.edu.