



5 WAYS

TO SUPPORT A HEALTHY ENVIRONMENT

Each year, the average household disposes of over 1,500 pounds of trash. Although large amounts are recycled and reused, most trash is taken to landfills or makes its way to bodies of water. This form of waste encourages air pollution, limits natural resources, and negatively impacts ocean quality. Fortunately, everyone can play a part in helping the environment by reducing their household waste. Here are five ways to support a healthier environment by limiting waste.



Replace plastic bags, bottles, cups, and plates with those that are non-disposable.



Reuse items multiple times, and then recycle or donate them to someone who can use them.



Purchase products made of recycled materials and free of multi-layer packaging.



Pre-plan meals, shop with a list, and use food waste for composting.



Use electronic mail and end subscriptions to junk mail.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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02/18/2020