

**Remember...**  
**Reduce, Reuse,**  
**Recycle and Compost.**



*For more information on  
reducing waste and recycling,  
check out the following:*

**NYS Department of Environmental  
Conservation (DEC) Waste Reduction  
and Recycling Program**  
518-402-8706  
[dec.ny.gov/chemical/294.html](http://dec.ny.gov/chemical/294.html)

**Local recycling coordinators and  
DEC recycling contacts**  
[dec.ny.gov/chemical/8511.html](http://dec.ny.gov/chemical/8511.html)

**Recycling of electronic waste**  
[dec.ny.gov/chemical/66872.html](http://dec.ny.gov/chemical/66872.html)

Updated 4/23

# Solid Waste Reduction

*Make a difference  
a little bit at a time*



## A message from...

Speaker of the  
Assembly  
Carl E. Heastie



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Dear Friend,

Waste, or "source," reduction aims to eliminate solid waste before it is produced, both in the home and in the workplace. That can significantly reduce the amount of garbage we produce.

This brochure offers quick and effective tips to reduce your household waste. I hope this information is useful to you. Please let me know if I can be of additional help on this or any other matter.

Sincerely,

Carl E. Heastie  
Speaker of the Assembly

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## Think about it...

- New Yorkers generate a lot of trash at home, work and school. We make over 4.5 pounds of trash per person per day in New York State.
- Many items we throw away could be recycled, reused or composted instead.
- New York has approximately 30 landfills that accept approximately 6 million tons of waste per year from across the state.

Source: New York State Department of Environmental Conservation (DEC), [dec.ny.gov/chemical/294.html](http://dec.ny.gov/chemical/294.html)



## Conduct your own waste audit

The best way to reduce the amount of garbage you produce is to examine how you actually generate it. A simple “waste audit” can reduce your consumption of natural resources and improve our environment.

- Determine the type and amount of garbage you produce. Examine how you and your family or co-workers produce waste and decide together on ways to produce less.
- Look at all parts of your waste stream, including the material you are recycling. The goal of waste reduction is to reduce all waste that is produced, including materials that can be recycled.
- Don't forget to include a plan in your audit for dealing with seasonal waste, such as grass clippings or Christmas trees.
- Weigh your waste before and after you start your own waste reduction program to see how much you have achieved.



## Small changes can make a big difference

Reducing waste at the source doesn't require a major change in lifestyle. Here are some suggestions for small changes that can reduce the amount of garbage you produce at home and at work.

- Return bottles for their deposits.
- Buy recycled products whenever possible.
- Use a refillable container for water in place of bottled water.
- When ordering takeout, you can let food service staff know you'd like to skip plastic straws, plastic cutlery, or condiment packets if you do not need these items.
- Buy loose fruits and vegetables or bring your own reusable produce bags.
- Don't use paper/plastic dishware. Use a mug or glass and use cloth napkins instead of paper napkins.
- Use glass or plastic containers to store food and beverages.
- Use dishcloths instead of paper towels to clean up. Tear up old clothes for household rags.
- Use both sides of paper, especially for quick notes and messages.
- Print out work from home and office computers only when necessary.
- Switch to online newspaper and magazine subscriptions.
- Leave lawn and grass clippings on the lawn or put them in gardens.
- Start your own backyard compost pile for food and yard waste.
- Use a garbage disposal to reduce the amount of food scraps thrown away.
- Limit junk mail by registering for a ten-year period with the Direct Marketing Association's Mail Preference Service at [dmachoice.org](http://dmachoice.org) for a \$4 administrative fee. Or, if you prefer to register by mail, include your name, address and signature along with a \$5 check for processing (payable to ANA) to:  
DMAchoice  
Consumer Preferences  
P.O. Box 900  
Cos Cob, CT 06807



For additional options, visit [dmachoice.org](http://dmachoice.org). You can also sign up to opt-out of unwanted catalogs and other types of junk mail by visiting [catalogchoice.org](http://catalogchoice.org).

