



# Reducing Plastic and Paper use at RSCCD

in 3 easy steps!

## 1. Refuse

**unnecessary plastic and paper products.**

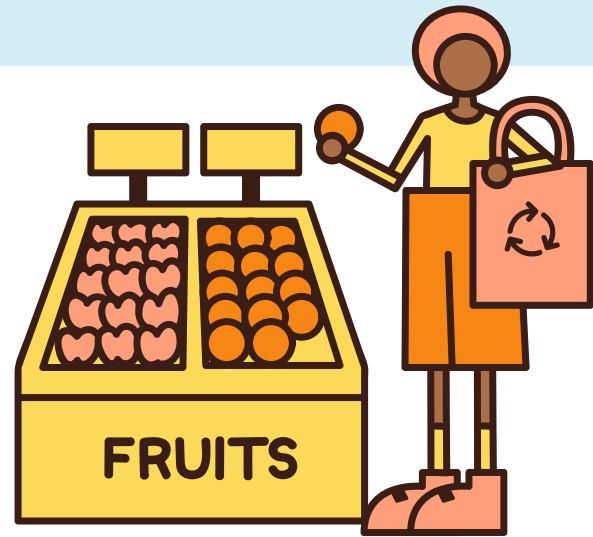
See our infographic on Sustainable Swaps to make this step a breeze!



## 2. Reuse

**the paper and plastic you do end up with.**

Make the most of the products before recycling/disposing of them.  
Save paper that has only been used on one side.  
Repair items when possible before replacing.



## 3. Shop Sustainably

**to minimize future plastic and paper use.**

Invest in products meant to last. Borrow, trade, thrift, and support local businesses and sustainable brands when possible. Buy in bulk to avoid excess packaging.



## Before throwing something away, ask

Is this something I can reuse? Reuse it!  
Is this something someone else could use? Donate or gift it!  
Are there any parts that can be upcycled? Make something new out of it!  
How do I responsibly throw this away? A quick web search can tell you if something should be sent to compost, recycle, e-waste, or landfill.

## Before buying something new, ask

Do I already have something else that will get the job done? Use that!  
Can I thrift/shop used? Give a product a second life!  
Am I buying something that will last?  
Can I buy from a company that uses less packaging or doesn't have to ship as far?

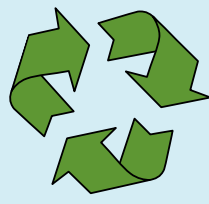


**Learn more about RSCCD Sustainability:**

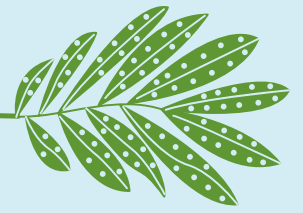


<https://rscdd.edu/Departments/BusinessServices/sustainable-rscdd-committee/Pages/default.aspx>





# Sustainable Swaps

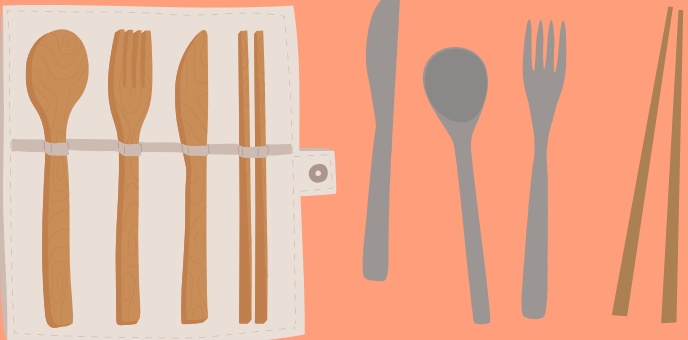


Keep these reusable items with you to reduce your use of single-use paper and plastic products:



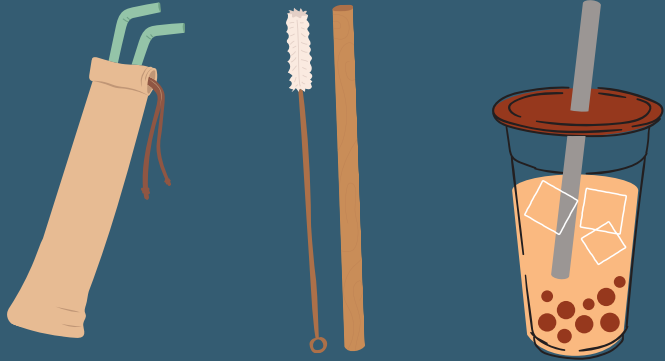
**Food/Drink Containers**

**Bags**

**Utensil Set**

**Reusable Straw**



**USE WHAT YOU HAVE**

**Tip: Reusing what you already have**  
—even if it's plastic—is better than buying a new item, no matter how sustainable the new item is. There's no need to spend money on a bamboo utensil set if you already have perfectly good silverware in your kitchen drawer.

**More zero waste sustainable swaps:**

