



Reducing Plastic and Paper use at RSCCD

Refuse unnecessary plastic and paper products.

Reuse the paper and plastic you do end up with. Make the most of the products before recycling/disposing of them. Repair items when possible before replacing.

Shop Sustainably and invest in products meant to last. Borrow, trade, thrift, and support local businesses and sustainable brands when possible.

Example

Bring your own bag. If you have to get a single-use plastic bag, turn it into a multi-use bag. Keep using it until it's unusable! When your last plastic bag reaches the end of its life, invest in a cloth reusable bag (or even better, make your own from an old t shirt!) that will last much longer and eliminate the need for another plastic bag ever again!

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 for a bamboo utensil set if you already have perfectly good silverware in your kitchen drawer.

Easy ways to reduce plastic and paper use:

- Always have these reusable items with you to avoid accidentally needing single-use products
 - o Water bottle
 - o Bag(s)
 - o Utensil set
 - o Stainless steel or glass straw
- Buy in bulk.
- Create a paper reuse center where people can put paper that has only been used on one side.
- Don't print excess pages or copies of documents – only print what you know will be used. Print double sided if you can.
- Compost.
- Choose paper over plastic. It's easier to recycle cardboard than plastic.
- Use a laptop or tablet in class to take lecture notes.

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 of this that I can upcycle? Make something new out of it!

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?