



# BENEFITS OF PRACTICING THE 3R'S LIFESTYLE

1



## REDUCE OUR CLIMATE IMPACT

Reducing, recycling and reusing is a key part of climate change strategy to reduce our greenhouse gas emissions

2



## CONSERVES RESOURCES AND MINIMIZES POLLUTION

Conserve natural resources and reduces pollution from extraction, manufacturing and disposal

3

## PROMOTES SOCIAL EQUITY AND BUILDS COMMUNITY

Zero waste approach protects the health of communities by reducing pollution in the air, water and soil by keeping toxic and waste out of landfills and incinerators







**REUSE**



**DITCH THE PLASTIC BAGS**

- Use reusable bags while shopping
- Bring your own tote bags to pack up your items and bring them home



**START COMPOSTING WASTE**

- A large amount of what you throw into the trash could be composted and returned to the earth
- If you have a bin and some extra space, you can easily start a compost that could feed back into your garden



**START USING REUSABLE CONTAINERS**

- Reusable containers will help to extend food life and keep things fresh for as long as possible
- Invest in some quality airtight containers for things like baking ingredients and other things that can be stale quickly



**LEARN TO REPAIR RATHER THAN DISCARD**

- Buying a few high-quality items and repairing them when necessary is so much better for the planet than buying loads of cheap, disposable stuff



**STOP BUYING PLASTIC WATER BOTTLES**

- Water bottles and paper coffee cups are huge wastes of material
- Buy a durable water bottle and a cute coffee thermos so you can take your beverages wherever you please