

REDUCE YOUR HOLIDAY FOOTPRINT

HOLIDAY WASTE REDUCTION TIPS



The holiday season is here, and I'm sure everyone is excited to spend this time with family and friends as well as exchange gifts. It is not uncommon for families to produce more trash than normal during holiday seasons. The following waste reduction tips encourage us to minimize waste, maximize our finances and be more mindful of what we generate as we plan, travel, cook and enjoy our holidays with friends and family.

Iowa State University Recycling Coordinator,
~ Ayodeji Oluwalana

Tip 1: Plan Your Shopping List

Make a list, and only buy what you know you'll use. This is especially important when purchasing perishable items like produce, dairy, and meat. Don't forget your reusable shopping bags!



Tip 2: Wrap Diligently

Wrapping gifts with festive paper and decorations can create anticipation and surprise, but it can also make a lot of garbage! If you can't reuse your single-use wrapping paper, then try reusable materials for a simple and eco-friendly way to cut down on your wrapping waste.



Tip 3: Skip Paper and Plastic

Avoid using extra trash bags, and choose cloth napkins and reusable dishes. Recruit some of your guests to help with dishes.



Tip 4: Decorate Mindfully

No matter your interior décor, holiday decorations can add a festive touch to your home. If you need to buy new decorations, buy reusable ones that last for years and keep unnecessary waste out of the landfill.



Tip 5: Take Only What You Will Eat

On a holiday that is all about eating, it's easy for your eyes to grow bigger than your stomach. Be mindful of your serving size. Give yourself, or ask for, small portions. You can always go back for more!



Tip 6: Do Not Waste Food

Food constitute over 35% of what we send to the landfill every day. Ensure to reduce your food waste by planning for only what you need. Eat it, or compost it. If you have a lot of extra food, pack doggy bags for your guests and/or freeze extra food.



Tip 7: Recycle, Recycle, Recycle

Recycle wine corks at a ReCORK drop-off location (Jax Outdoor Gear Ames- 4723 West Lincoln Way Ames, IA, 50014). Holidays tend to create a lot of waste, so recycle what you can of glass, plastic, metal, paper, and cardboard.

