

In the United States, each person generates an average of 1,500 pounds of trash each year. In Arkansas, that number is even higher!

Developing smart consumer habits will not only save you money at the time of purchase, but will also help protect the environment and keep the cost of trash disposal down for you and your community.



**White River
Regional Solid Waste
Management District**

**Are you a
S.M.A.R.T.
consumer?**



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***Saving
Money
and
Reducing
Trash***

Things to consider when shopping

- **Make a list of what you need and stick to it.** Compulsive buying can break your budget and your trash can.
- **Do not buy more of an item than you will use.** If you find you cannot use all of an item, share it with a friend!
- **Buy larger quantities with less packaging.** They cost less per use and create less waste.
- **Stay away from single-serve** foods and beverages whenever possible. They contain up to 35 percent packaging!
- **Buy concentrated cleaners.** They cost less per use than the more diluted brands.
- **Purchase items** made with materials your local recycling center accepts.
- **When shopping for replacement appliances or electronics**, can the existing item be repaired? If not, buy long-lasting, energy-efficient models.
- **Avoid “throw-away” items** like paper plates, cups and cutlery. Use washable cloth rags and towels more and paper items less.
- **Purchase recycled items** whenever possible. Look for the recycled content symbol on projects and packaging.



What to do with what you already have

- **Recycle everything you can** at your area's recycling center—cardboard, paper, plastic bottles, aluminum and tin cans, glass bottles and jars and electronic waste. For a list of centers in north central Arkansas, visit WhiteRiverRecycles.org.
- **Sell or donate** unwanted clothes, shoes and household items. Share items with neighbors, school pantries, charities or resale shops. You will be helping someone less fortunate and likely get a tax receipt!
- **Take your own shopping bags** when possible and recycle the ones you end up with. Most large stores recycle plastic bags.
- **Take waste motor oil back** from where it came. Walmart, AutoZone, O'Reilly and Advance Auto Parts will recycle your waste oil.
- **Replace incandescent lamps** with “green” fluorescent ones. “Green” fluorescent lights contain much less mercury and last ten times longer. They also reduce your electric bill!



Other ways to reduce waste

Nearly everything we do leaves behind some type of waste, but the choices we make every day can significantly reduce our waste. Consider the following:

- **When giving a gift**, use a reusable bag, basket or scarf instead of throw-away wrappings. Better yet, give the gift of your time, help with a difficult chore or other non-material gift. Most of us already have enough “stuff”.
- **Un-purchase.** Borrow, share and rent items that are used infrequently. We do not have to own one of everything. Think of the storage space saved!
- **Switch to rechargeable batteries.** They will pay for themselves and are recyclable when they no longer hold a charge. A charger and batteries make great gifts!
- **Say “no” to junk mail.** Reduce access to your name and address so it won't be traded or sold to marketing firms. Visit DMAConsumers.org/cgi/offmailinglist to get started.
- **Go paperless.** Pay bills and read newspapers, magazines and books electronically.

