

## The 4 Rs' Defined

**Reduce** – Waste reduction means reducing the amount of waste that we, you and I, produce each day. By using less we help conserve resources. Reduction is the first choice in reducing the waste stream. For example when buying products look for those that use the least amount of packaging.

**Reuse** – The next best way to reduce waste is to reuse something before we either recycle it or throw it away. Storing food in reusable containers rather than disposable bags is one example of reusing.

**Recycle** – Many things like soda cans, milk containers, newspapers and some plastics are easily recycled. Recycling is the process of taking a product at the end of its useful life and using some or all of it to make another product. When using things that cannot be reused try to make sure that those things are made of materials that can be recycled.

**Recover** – Recovering materials or energy from waste that cannot be reused or recycled. Recovering energy from waste materials is a growing technology.