

BECOME A ZERO-WASTE CHAMPION

PLEDGE TO MAKE THREE (OR MORE!) DAILY LIFESTYLE CHANGES THAT WILL DIVERT WASTE, REPURPOSE ITEMS, AND SAVE MONEY AND RESOURCES!

I _____ pledge to make three lifestyle changes to become a Zero-Waste Champion:

- Bring your own bag to the store (bonus points for bringing reusable produce bags).
- Commit to composting 100% of your food scraps, yard waste, and food-soiled paper products (napkins, paper towels, greasy cardboard, etc.).
- Bring your own containers to restaurants to transport take-out and leftovers.
- Bring your own reusable utensils, and say no to single-use plastics.
- Carry a reusable coffee mug and water bottle with you wherever you go.
- Avoid individually packaged items. Buy in bulk and bring your own refillable containers.
- Commit to repairing broken items, such as clothing or electronics, before tossing them.
- Participate in the sharing economy by utilizing Albany's tool lending library, participating in the annual Citywide Garage Sale in May, and shopping at thrift stores and consignment shops.
- Reduce paper consumption by canceling unwanted magazine subscriptions and junk mail. Visit www.stopwaste.org/at-home/reduce-reuse-recycle-rot/stop-junk-mail to learn more.
- Purchase post-consumer recycled products, such as paper napkins and paper towels, and office supplies.
- Share composting, recycling, and zero-waste tips with your friends and neighbors!
- Sign up for Carbon-Free Albany at www.carbonfreealbany.org and reduce your home's carbon footprint!
- Already doing these? Write your own ideas here:

How Do Consumption Patterns and Waste Impact Climate Change?

The goods and services that are consumed by Albany community members — such as clothing, food, material items, and packaging — represent a considerable source of greenhouse gas emissions. Material goods and packaging result in greenhouse gas emissions at the production, shipping and transportation, and disposal stages of the material's life.

Reducing or eliminating consumption of single-use items, repurposing and reusing items, shopping locally, reducing food waste and composting properly, and participating in local tool-lending libraries and clothing swaps are all relatively low-effort actions that result in significant emissions reductions, and divert waste from the landfill.

Ultimately, emissions from consumption must be reduced through consumer behavior change strategies that reduce waste and spur systemic changes toward a local, circular, low-carbon, re-use economy.

