



# 8 Rs of Reducing Waste

Week 1  
1/31 – 2/6

## RETHINK

Rethink your relationship to items and the impact your choices and actions may have on the health of our planet.

Week 2  
2/7 – 2/13

## REFUSE

Refuse single-use items, tempting trends, and other convenient consumables that result in more waste than benefit.

Week 3  
2/14 – 2/20

## REDUCE

Reduce your consumption. Cut down on wasteful packaging, opt for reusable and sustainable items that will last a lifetime, and ditch single-use items that instantly become trash.

Week 4  
2/21 – 2/27

## REUSE

Reuse what you can. Think of creative ways to repurpose, refurbish, or donate durable items instead of sending them to the landfill.

Week 5  
2/28 – 3/6

## REPAIR

Repair items before you replace them. If something can be fixed, embrace the challenge and pride that comes along with restoring it instead of tossing it.

Week 6  
3/7 – 3/13

## RECYCLE

Recycle items properly. Find out what materials are recyclable in your community and recycle those materials correctly to give them a new life.

Week 7  
3/14 – 3/20

## REFORM

Reform society and demand social and environmental justice. Advocate for sustainable communities and promote inclusive policies and practices that benefit the environment and the quality of life for all.

Week 8  
3/21 – 3/27

## RECRUIT

Recruit the people around you to reduce their waste in ways that are manageable for them. Influence others and lead by example by embracing an achievable waste-reducing lifestyle.