

APPENDIX 6 Be Eco, Italy

We can **reduce** (buy less and throw away less).

- **Reduce** by shopping for quality. Buy things that are made to last.
- **Reduce** by not buying things that are made to throw away, such as disposable cameras and flashlights.
- **Reduce** by not eating in restaurants that use disposable dishes.
- **Reduce** by renting or sharing things you seldom use.

We can **reuse** (fix and alter things we already have so that we can continue to use them).

- **Reuse** and save money by shopping at a garage sale or flea market.
- **Reuse** by trading seldom used toys with a friend.
- **Reuse** by saving paper with one blank side and then using it for shopping lists and phone messages.
- **Reuse** an item for a long time by performing proper maintenance.

We can **recycle** (Saving used materials and sending them off to be processed into useful goods).

- **Recycling** uses less energy and causes less pollution than making goods from new materials.
- **Recycling** usually costs less than other ways of getting rid of trash.
- **Recycling** saves forests, petroleum and other resources.