

# *How to* **REDUCE YOUR GARBAGE**

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**Buy less stuff/clothes/junk (food)**

**Refuse flyers/folders/receipts/ packaging**

**Switch to a reusable water bottle**

**Use a reusable (travel) mug**

**Buy in bulk (more food, less packaging)**

**Bring reusable bags with you to the store**

**Re-use glass jars for food storage**

**Buy biodegradable products**